

KENDASA EMILY MYIINGAN

NATIVE
AMERICAN
Herbalist's
BIBLE



4 BOOKS IN 1

EVERYTHING YOU NEED TO KNOW ABOUT
HERBAL REMEDIES. THE COMPLETE GUIDE TO
HERBAL MEDICINE WITH MANY RECIPES FOR
TRADITIONAL HEALING.

NATIVE AMERICAN HERBALIST'S BIBLE 4 in 1

Kendasa Emily Myiingan

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Table of Contents

BOOK 1: HERBALISM AND ALCHEMY, THE NATIVE AMERICANS

INTRODUCTION

CHAPTER 1: NATIVE AMERICAN HERBALIST'S ORIGINS, USES, AND HABITS

[A BRIEF HISTORY OF NATIVE AMERICAN MEDICINE](#)

[INTERSECTIONS OF TRADITIONAL AND WESTERN HEALING](#)

[RITUALS AND CEREMONIES](#)

CHAPTER 2: THE POWER OF NATIVE AMERICAN MEDICINAL PLANTS AND ITS THERAPEUTIC EFFECTS

[THE HEALING PROPERTIES OF HERBS](#)

[THE GARDEN OF LIFE](#)

[WHY THEY USED THE HEALING PLANTS AND SOME BELIEFS](#)

[HOW THE COLORS AND SHAPES OF PLANTS ARE DIRECTLY AFFECTED IN THE TREATMENT OF CERTAIN ORGANS](#)

CHAPTER 3: SECRETS OF NATIVE AMERICAN HERBAL REMEDIES

[NATIVE AMERICAN HERBALISM](#)

[HERBAL REMEDIES SIDE EFFECTS](#)

[TREATMENT APPROACHES](#)

CHAPTER 4: SHOPPING, GROWING AND BEST STORAGE GUIDE

[BUYING HERBAL MEDICINE](#)

[GROWING HERBS](#)

[GATHERING HERBS \(RESPONSIBLE HARVESTING\)](#)

[DRYING AND STORING HERBS](#)

CONCLUSION

BOOK 2: NATIVE AMERICAN HERBAL MEDICINE

INTRODUCTION

CHAPTER 1: NATIVE AMERICAN HERBS

[AGAVE](#)

[ALDER](#)

[ALFALFA](#)

[AMARANTH](#)

[AMERICAN LICORICE](#)

[AMERICAN MISTLETOE](#)

[AMERICAN RASPBERRY](#)

[AMERICAN SPIKENARD](#)

[ARNICA](#)

[ARROWWOOD](#)

[ANGELICA](#)

[ARSEMART](#)

[ASHWAGANDHA \(INDIAN GINSENG\)](#)

[ASPEN](#)

[BALSAM FIR](#)

[BALSAM POPLAR](#)

[BALSAMROOT](#)

[BARBERRY](#)

[BLACK COHOSH](#)

[BLACK WALNUT](#)

[BLAZING STAR](#)

[BLOODROOT](#)

[BLUE COHOSH](#)

[BLUEBERRY](#)

[BONESET](#)

[BORAGE](#)
[BLACK GUM](#)
[BLUE FALSE INDIGO](#)
[BONESET](#)
[BUCKTHORN \(CASCARA SAGRADA\)](#)
[BUCKTHORN](#)
[BURDOCKS](#)
[CAT'S CLAW](#)
[CATTAIL](#)
[CHAPARRAL](#)
[CHICORY](#)
[CRANBERRY](#)
[CORN](#)
[COW PARSNIP](#)
[CRANBERRY](#)
[DAMIANA](#)
[ECHINACEA](#)
[ELDERBERRIES](#)
[GOLDENROD](#)
[GOLDENSEAL](#)
[GRAVEL ROOT](#)
[GOOSEBERRY](#)
[HAWTHORN](#)
[HORSE CHESTNUT](#)
[HORSEMINT](#)
[HONEYSUCKLE](#)
[HOPS](#)
[IRONWOOD \(OCEAN SPRAY, CREAMBUSH\)](#)
[INDIAN TOBACCO](#)
[LARCH](#)
[LIFE ROOT](#)
[LEMON BALM](#)
[LICORICE \(WILD AMERICAN\)](#)
[MAYAPPLE](#)
[MAITAKE](#)
[MAPLE](#)
[MEXICAN YEW](#)
[MILKWEED](#)
[MINT](#)
[OAK](#)
[OAT](#)
[OREGON GRAPE](#)
[PASQUE FLOWER](#)
[PASSIONFLOWER](#)
[PLANTAIN](#)
[PRICKLY PEAR CACTUS](#)
[PINE](#)
[PLANTAIN](#)
[QUEEN OF MEADOW](#)
[RED CLOVER](#)
[RED ROOT](#)
[REISHI](#)
[SARSAPARILLA](#)
[SAW PALMETTO](#)
[SELF-HEAL](#)
[SKULLCAP](#)
[STONESEED](#)
[SUMAC](#)
[SAINT JOHN'S WORT](#)
[SENECA SNAKEROOT](#)

[SCHISANDRA](#)
[SLIPPERY ELM](#)
[SKUNK CABBAGE](#)
[TURTLEHEAD](#)
[USNEA](#)
[VERBENA](#)
[WATER BIRCH](#)
[WORMWOOD](#)
[WILD YAM](#)
[WITCH HAZEL](#)
[WOOD BETONY](#)

CHAPTER 2: TOP SELLING IN THE UNITED STATES AND THEIR USES BY NATIVE AMERICANS

CONCLUSION

BOOK 3: NATIVE AMERICAN HERBAL REMEDIES

INTRODUCTION

CHAPTER 1: REMEDIES

[INFLAMMATION](#)
[INSOMNIA](#)
[FAINTING](#)
[FIBROMYALGIA](#)
[HEARTBURN, REFLUX, AND GERD](#)
[KIDNEY HEALTH](#)
[SINUSITIS AND STUFFY NOSE](#)
[SORE THROAT](#)
[SPRAINS AND STRAINS](#)
[SKIN ILLNESSES](#)
[CANDIDIASIS](#)
[HIGH BLOOD PRESSURE/HYPERTENSION](#)
[PINK EYE](#)
[ASTHMA](#)
[BITES AND STINGS](#)
[BLISTERS](#)
[BLOOD THINNER](#)
[BUG BITES](#)
[CLEARING TOXINS](#)
[DEPRESSION](#)
[DIABETES](#)
[DIAPER RASH](#)
[INDIGESTION AND GASTROINTESTINAL ISSUES](#)
[BRONCHITIS, PNEUMONIA, AND CHEST COLD](#)
[ERECTILE DYSFUNCTION](#)
[EYE PROBLEMS](#)
[FEVER](#)
[URINARY TRACT INFECTION](#)
[VARICOSE VEINS](#)
[FLATULENCE](#)
[HEADACHE](#)
[HEMORRHOIDS](#)
[MULTIVITAMIN](#)
[NAUSEA](#)
[MOUTH AILMENTS](#)
[PAIN MANAGEMENT](#)
[WOUNDS AND CUTS](#)
[BACK PAIN](#)
[SUNBURNS AND BURNS](#)
[COLDS AND FLU](#)
[CONGESTION](#)

[COUGH](#)
[ACNE](#)
[ANXIETY](#)
[ARTHRITIS](#)
[ATHLETE'S FOOT](#)
[DRY SKIN](#)
[EARACHE](#)
[HICCUPS](#)
[INSECT REPELLANT](#)
[JOCK ITCH](#)
[LARYNGITIS](#)
[LIVER PROBLEMS](#)
[MEMORY](#)
[MENOPAUSE](#)
[ECZEMA](#)
[NERVOUSNESS AND NERVOUS TENSION](#)
[PREGNANCY](#)
[RESPIRATORY CONDITIONS](#)
[SCALP AND HAIR](#)
[WARTS](#)
[FIRST AID](#)
[ITCHING AND RASHES](#)
[SORE THROAT](#)
[ADHD](#)
[FEET](#)
[CELIAC DISEASE](#)
[CONSTIPATION](#)
[THE BEST NATURAL CONSTIPATION REMEDIES](#)
[COUGHS](#)
[OCD](#)
[PARKINSON'S DISEASE](#)
[STRESS](#)
[VAGINAL YEAST INFECTIONS](#)
[VERTIGO](#)

CONCLUSION

BOOK 4: NATIVE AMERICAN HERBAL RECIPES

INTRODUCTION

CHAPTER 1: NATIVE AMERICAN HERBAL PREPARATIONS, EXTRACTIONS AND TOPICAL USES

[PREPARATION](#)
[TECHNIQUES FOR THE DOMESTIC HERBALIST](#)
[INFUSIONS](#)
[WASHCLOTHS](#)
[TEAS](#)
[DECOCTION](#)
[COMPRESSES](#)
[JUICING](#)
[TINCTURE](#)
[ESSENTIAL OILS](#)
[PREPARING HERBAL OILS](#)
[BATHS](#)
[OINTMENTS AND SALVES](#)
[SYRUPS](#)
[POULTICE](#)
[POWDERS AND CAPSULES](#)
[PILLS, LOZENGES, AND SUPPOSITORIES](#)
[ICE CUBES](#)

CHAPTER 2: RECIPES

[CAYENNE TEA](#)
[LAVENDER TEA](#)
[AUTUMN TONIC TEA](#)
[CUCUMBER AND MINT POPSICLES](#)
[BASIL DECOCTION](#)
[GERMAN CHAMOMILE DECOCTION](#)
[CHICORY DECOCTION](#)
[THROAT SPRAY](#)
[BLUE OAT SMOOTHIE](#)
[CUCUMBER AND LEMON ICE CUBES](#)
[BERRY CUBES](#)
[RELAXING HERBAL FOOT BATH](#)
[HERBAL FACE STEAM](#)
[HERBAL BATH SALTS](#)
[ANTI-INFLAMMATORY BATH TEA](#)
[COLD HERBAL COMPRESSES](#)
[HOT HERBAL POUCH](#)
[LAOTIAN HERBAL COMPRESS](#)
[GINGER DECOCTION](#)
[GINKGO BERRY DECOCTION](#)
[GINSENG DECOCTION](#)
[HORSETAIL DECOCTION](#)
[BLACK APPLE TEA MIX](#)
[DIGESTIVE TEA](#)
[WILD HERBAL SALAD](#)
[HOW TO MAKE A PEA SOUP](#)
[INSTANT BOO-BOO RELIEVER](#)
[CALENDULA SALVE](#)
[TULSI-CHAMOMILE TEA](#)
[SOOTHING LEMON TISANE](#)
[HERBAL FACE STEAM](#)
[ELDERBERRY JUICE](#)
[VITAMIN C PILLS](#)
[HYSSOP OXYMEL](#)
[OAT STRAW INFUSION](#)
[SLEEP TIME TEA](#)
[ECHINACEA REMEDY](#)
[SPICY GINGER ELIXIR](#)
[PLANTAIN SKIN CARE](#)
[ROSE AND LEMON GULKAND](#)
[ROSE AND VANILLA ELIXIR](#)
[SALVIA FRITTA](#)
[SAGE PESTO](#)
[CLEANSING ALOE WATER](#)
[TULSI-CHAMOMILE TEA](#)
[HERBAL INFUSED BALM](#)
[FOOT SALVE](#)
[FRUIT AND HERB POPSICLES](#)
[HERBAL POPSICLES](#)
[CUCUMBER AND MINT POPSICLES](#)
[FLU TONIC](#)
[WALNUT COCONUT MILK WITH TURMERIC AND CINNAMON](#)
[RELAXING LAVENDER TEA](#)
[ST JOHN'S NO WORRY WORT TEA](#)
[MULLEIN RESPIRATORY TEA](#)
[GOLDEN MILK TEA](#)
[TONIC GRANOLA BARS WITH HOLY BASIL, ASTRAGALUS, AND ASHWAGANDHA](#)
[CHARCOAL BLACK SALVE](#)
[PERFECT SALVE FOR BURN](#)
[PLANTAIN SALVE](#)

[CINNAMON POWDER](#)
[MEADOW TEA](#)
[HERBAL INFUSION TEA](#)
[EASY MASALA TEA](#)
[HYSSOP OXYMEL](#)
[INFUSION OF FENNEL](#)
[CALENDULA HEALING SALVE](#)
[OAT STRAW INFUSION](#)
[LEMON VERBENA SUN TEA POPSICLES](#)
[ALOE BURN RELIEF](#)
[CLEANSING ALOE WATER](#)
[ELDERBERRY SYRUP](#)
[SAGE-INFUSED HONEY](#)
[GINGER-THYME COUGH DROPS](#)
[ELDERBERRY EXTRACT/TINCTURE](#)
[ELDERBERRY SYRUP](#)
[HOT CHOCOLATE ICE CUBES](#)
[RELAXING HERBAL FOOT BATH](#)
[CHICKWEED TINCTURE](#)
[PARSLEY TEA](#)
[ALOE BURN RELIEF](#)
[VALERIAN ROOT CAPSULES](#)
[PEPPERMINT SUN TEA](#)
[TUMMY TEA](#)
[SOOTHING LEMON TISANE](#)
[ECHINACEA DECOCTION](#)
[TULSI ROSE TEA BLEND](#)
[LICORICE TOOTH POLISH POWDER](#)
[BALI HERBAL COMPRESS BALL](#)
[HERBAL BATH SALTS](#)
[ANTI-INFLAMMATORY BATH TEA](#)
[LEMON BALM HOME REMEDY](#)
[MEADOWSWEET ELIXIR](#)
[ELDERBERRY GUMMY BEARS](#)
[BITTER DIGESTIVE PASTILLES](#)
[ECHINACEA REMEDY](#)
[HERBAL TEA](#)
[CALMING MARSHMALLOW ROSE TEA](#)
[LAVENDER TEA](#)
[AUTUMN TONIC TEA](#)
[BLACK APPLE TEA MIX](#)
[DIGESTIVE TEA](#)
[SOOTHING LEMON TISANE](#)
[COLD HERBAL COMPRESSES](#)
[GOLDENSEAL TINCTURE;](#)
[GINSENG EXTRACT](#)
[ICE CUBES](#)
[BERRY CUBES](#)
[ELDERBERRY JUICE](#)

[CONCLUSION](#)

BOOK 1: HERBALISM AND ALCHEMY, THE NATIVE AMERICANS

Introduction

The world of Native American herbal medicine is very rich for those who wish to explore its treasures.

Today, a growing number of standard specialists support this psyche-body association. Native American astuteness and experience are currently at the forefront of current clinical consideration. They make up for what modern medicine lacks, which is a more holistic, nature-based view of approaching health and healing.

The use of medicinal herbs continues to be widespread today, as do many of their natural remedies. Native Americans learned to use nature to treat common health problems and stay healthy. They passed this knowledge and tradition down from generation to generation with no recorded loss of medicinal knowledge.

In this book, you will find the true healthy lifestyle of Native Americans, who used herbs daily to heal wounds and treat illness, and as regular tonics to maintain their essentiality and quality.

According to Native Americans, health was not just a physical state, but an individual's internal agreement with the forces of nature. They accepted that neglecting to show sufficient consideration for Mother Earth and the effects that comprised her could negatively affect physical health.

Herbal healing methods have become modern practices and are popular in community centers.

Chapter 1: Native American Herbalist's Origins, Uses, and Habits

A Brief History of Native American Medicine

Native Americans have healing traditions that can be traced back for literally thousands of years, and many tribes had their ways to mix the roots, herbs and other plant parts that were meant to heal their people.

Healing practices were different from tribe to tribe, but there are many similarities in their ceremonies, knowledge, and rituals. They believed that you had to heal the spirit, the mind, and the body or someone would not make it through. It was important to them to stick to their natural environment to keep away illness and harm that may come their way.

The healing instruments were the herbal remedies that came with them, and they went beyond the aches and pains of the body. While they concentrated on the physical ailment, they also told the patient it was important to concentrate on their spirituality and the harmony within themselves as well, giving many Native Americans the will to survive through various afflictions.

The surrounding environment would produce the herbs that they used, which meant that there was a diverse number of cures that varied from region to region. They were even traded over long distances, as herbs were considered to be valuable and even sacred. The practices were passed from generation to generation without writing them down. This is why many of the healing remedies today are still a mystery, but some healers would end up writing down their formulas for healing as well.

Today, many of the herbs that were used are known, and many of the purposes they had and still have been seen. However, that doesn't mean that everything is clear as it would have been years ago, when it was being passed down from one person to the next.

Intersections of Traditional and Western Healing

Today's medical theory wave has started to shift back to a viewpoint that considers and respects each individual part, including their spiritual and mental states. Due to this, with natives and non-natives alike, the medical practices of Native Americans have again become popular.

Many are cautious about pharmaceutical products' addictive properties, toxicity, and side effects and are moving to natural herbal cures. Quality Native American products also have been produced and used to cope with different illnesses for several decades. Although not necessarily accurate, herbal remedies like to be much less toxic than certain prescription drugs and have many less unpleasant side effects.

Native Americans have ancient health care practices, that we don't know exactly how far they date back as they never wrote anything down.

Native American Medicine is exceptionally hard to understand, especially for outsiders. They use a lot of herbalism in their healing techniques, which vary, can be adapted according to tribe and circumstance, and can be tweaked as per the healer's preference. This makes it difficult for outsiders to replicate or record a typical piece of medicinal work. Records throughout history can only depict a portion of a certain healing practice performed at a specific time, but it does not

apply to Native American medicine as a whole. Still, just because it's difficult, doesn't mean it's impossible.

Indigenous people believe in the philosophy of connecting humanity and nature with the spiritual realm. A modern doctor only seeks to cure a person's ailments symptomatically, while an indigenous healer examines their patient's lives and their relationships with other people along with their physical health. They then devise a personalized, holistic method of treatment. This might include a combination of healing techniques, involving herbalism, ceremony, singing, praying, and sweating.

Rituals and Ceremonies

The difference between Native American conventional medicine and healing is the spirituality role in the process of healing. Native Americans claim that there is a connection to everything in nature and that the spirits may promote cause and health illness. The community also obtains to help a suffering individual with ceremonies, praying, dances, chanting, and herbal remedies.

Today, only science and mechanistic views are focused on modern medicine, although several Native Americans tend to involve the spirit as the inseparable healing aspect.

Healers

They were often named "Shamans" by European descent people, referred to by their tribes as healers, Medicine Women, or Medicine Men, but Native Americans did not use this term. These healers' primary role was to obtain the world of spirits, especially the "Great Spirit" or "Creator," to better an individual or community.

The healers used the tools made from nature, such as skins, fur shells, bones, crystals, feathers, and roots. Feathers were also used to take the Great Spirit's message, connected to the air and wind. In some cases, the healer can enter a state of trance and obtain the aid of "spirit guides."

Religious Rights Banning

Native Americans used sweat baths or sweat lodges for purification and purging. It was often thought to remove evils and revitalize the body, used for balancing and healing.

These baths go from just lying in the scorching sun under a blanket to little conical structures covered by branches and hides/blankets. With water, hot stones are covered within the lodge to make the steam bath, and the healer could pray, drum, or sing together for purifying the spirit here. Sweat lodges have been used for various purposes, often merely to heal a person, sometimes before spiritual ceremonies for larger numbers of people or bringing clarity to an issue. The sage, burnt in certain civilizations till it smoldered and let out smoke clouds. On the skin, It was smudged and was supposed to purify the soul and body, called "sweeping the smoke."

Smudging

Smudging is the act of burning an herb and "washing" one's self, the other participants, and the plants or ceremonial tools in its smoke. The act of smudging demarcates the ceremonial event in time, saying that from this point on what we do is sacred. Historically, one of four herbs have been used for smudging: cedar, sweetgrass, sage, or wormwood.

When smudging, the dried herb is placed in a bowl or other container and ignited. The flame is then extinguished, allowing the herb to smolder. The smoke that rises is then fanned on the object or person being smudged, using one's hands or a feather.

The herbs traditionally used for smudging are thought, in all cultures in which they are used, to clear negative influences and restore balance.

The Ceremony of the Sacred Pipe

The pipe as a sacred tool combines the most powerful elements of the two processes. First, it is equivalent to the Buddhist meditation process of working with a koan. Koans are statements designed to force one beyond the rational meaning of words into an awareness of a higher truth.

The pipe, when worked with devoutly can, like a koan, stimulate one beyond this everyday normal reality into awareness and understanding of deeper sacred truths. Second, the pipe is an act in which the inherent duality of the universe is made one.

Each act in the pipe ceremony represents a specific sacred meaning.

Besides the pipe (bowl and stem) there are usually a number of other objects that go up to make a pipe bundle. There is the smoking mixture in its container and a pipe tamper—usually, a stick that is narrower at one end, used to pack the pipe before it is lit and during the smoking itself—and matches. There is also smudge, usually sage or wormwood; a container in which to carry it; a smudge bowl; and often a feather or bird wing to be used to waft the smoke onto the objects being smudged. There is usually an altar cloth or small rug on which everything is placed, and a container in which all these things may be kept. Then any other sacred objects may be important to the pipe carrier and all of these, together, are carried within a ceremonial pipe bundle.

The Medicine Wheel

The ceremony of building a medicine wheel restores all life by reenacting an ancient rite of making sacred a circle, a holy place to remind all to live in a good relationship with all life in this universe. This simple circle of stones becomes a vortex of energy as all life forces are honored in ceremony and join the wheel of life. The restoration and building of holy places in balance and harmony with all life are returning the gift of life given to us by Creator and creation. The wheel is a mandala for the dance of life, the unending spiral of interdependence.

Besides the demarcation of sacred space, the stones also represent the members of the Earth community who come to sit in the common council. In the circle of stones, there are four gates, each corresponding to a direction of the compass—north, south, east, west. In the center of the wheel is a larger stone that represents Spirit, which is at the center of all things. Each of the directions represents a specific archetype and is often a focus of how that archetype manifests itself in human life.

Though there are minor differences between people who use the medicine wheel as a sacred rite, the underlying archetypes and patterns are essentially identical.

The south represents the beginning of life, childhood, the time when spring returns and the new grasses grow. It is the time of hope and the surging vitality of life. The time of renewal and rebirth. At this time, one is in contact with caretakers, such as parents or other nurturing beings. One receives.

The west is the time of adolescence when childhood is beginning to pass and one begins to

struggle with the demons in one's soul. This is the time when the warrior within awakens, the time when one goes to the "looks-within-place," that place within all of us where we examine who and why we are.

From there one moves to the north. The north is the time of middle age, of maintaining the status quo. On the shoulders of those in the north rest the old ones, the young ones sit upon their laps. This is the time of caretaking and giving, the time when one can put aside one's self and pay attention to others. The first time of maturity.

From there one moves to the east. The east is the time of enlightenment and old age, when wisdom is the order of the day. The things of youth have been given up and one is concerned about the passing on of wisdom to the young. One begins to have a deeper relationship with the Spirit world and is getting ready to pass over. These patterns occur over and over again in all life, with each thing a human does.

Sweat Lodge Ceremony

For centuries, Native Americans have used sweat lodges and fasting as ways to benefit from the healing properties of detoxification. Of all the purification ceremonies in North America, the sweat lodge ceremony is the most widespread. The Lakota call the ceremony inikagapi, and the Chippewa called the sweat bath ritual a madodoson. The Apache called the sweat lodge itself taachi, while the Cheyenne called it vonhäom. Similar in action to a sauna, the sweat lodge's heat and moisture help detoxify the body—mentally, physically, and spiritually. The smoke in the lodge and the ceremonial rituals conducted there all contribute to the native healing process.

Chapter 2: The Power of Native American Medicinal Plants and Its Therapeutic Effects

The Healing Properties of Herbs

The Native Americans and their herbs are the cornerstones of society. Their herbs were used for medicinal purposes, and they can be credited for many of the discoveries that we have today, such as the syringe. If you enjoy learning about them or would like to grow one of these herbs yourself at home, read on! We will discuss where they got their food sources and share their knowledge with others in need.

For instance, the human brain can memorize new data by using the information collected in previous lessons. The ability to memorize data is also similar to how plants process information from their environment. Plants seem to gather and store information about their surroundings like how humans use their brains to recognize patterns to help them make decisions about how they should behave or react in certain situations.

It is very similar to how humans process information about their surrounding environment. Humans rely on their senses of sight, smell, touch, and hearing to find out what is happening in their environment. In a way, we gather knowledge and information about our environment by using our senses.

Thus, as humans, it is logical to conclude that we are not much different from how plants sense their world.

Many Native American tribal healers make and sell their herbal medicines. These people often receive esoteric training, often in the form of a vision quest, in which they are "taken to the source" by the community. Here's a brief overview of some sacred medicines that are found throughout U.S. tribes and other tribal groups:

The Four Directions

They utilize plants that come from four directions – north, south, east, and west. Although all four directions represent essential components, we need to survive – air, water, fire, and earth – each represents something else unique.

The Sacred Plant Wall

Many Native American tribal healers also have plants used to ward off evil spirits and ensure good fortune. For instance, they have a plant that they use to keep evil spirits away. And sometimes, for added protection, the herbal materials for these medicines are strung together into a kind of wall often referred to as the "sacred plant wall."

Sacred Symbols

It's a symbol that's so powerful and rare that it's only shown to medicine men.

That symbol? The power of the sun. It represents their supreme being, the Great Spirit. And it means the cosmic energy that he bestows upon the world – both good and bad.

So when you use these medicines, you're using a gift from the Great Spirit himself. Of course, in his generosity, he offers his advantages to everyone, but only some have been trained in how to use them for their intended purpose.

Native American people have always had a deep reverence for all living things – including their sacred medicines. The spirits of all things in nature are considered sacred. But as Native Americans have been assimilated into more mainstream societies, their sacred medicines have become increasingly profaned.

Because of this, it's important to honor the old ways and use these medicines with respect. If you can, try to purchase the herbs from a Native American herbalist (or make them yourself), jealously guarding their safe use against any threats to your health or life. Most importantly – never take these medicines without being adequately prepared for a vision quest or without being guided by an elder or other trained medical person.

It was only by living in the old ways that Native Americans could develop so many powerful medicines. So, it's important to honor them and the way they've used these medicines throughout time. By doing so, you'll be blessed with their power – both physical and spiritual.

The Garden of Life

It is an article that can go a long way for some people who want to learn more about herbal remedies, especially herbs in demand today from Native culture. It's a great study into the different ways that herbs such as sage and juniper are used daily.

It is an excellent write-up on Native American Herbs and how they are considered sacred by the Native people who use them daily. It is an important read for those who want to learn more about the different types of herbs used today - especially in the medical field, as it's a great source of history into herbs' use throughout time. The author allows you to read this article on her page by copying it and pasting it below:

Whether through prayer or ritual before a hunt or by obtaining the assistance of a medicine man who goes into the forest searching for the appropriate plant for a particular ailment, these medicines were powerful tools in their attempt to navigate this world with health safety intact.

The advent of European settlers brought with them not only guns and disease; they also attempted to impose Western cultural beliefs that included Christianity along with other forms of religion. It was yet another avenue that would threaten traditional practices. Christianity as a religion establishes that humans, having been expelled from the Garden of Eden, are inherently sinful and are doomed to an eternity in Hell if they do not repent. Furthermore, they are expected to worship God through doctrinal adherence, defined as accepting a set of beliefs or practices based on faith. These contrasting cultural beliefs illustrate how intrusive European settlers were upon Native American cultures.

Why They Used the Healing Plants and Some Beliefs

Every culture has its herbal remedies—from a single blade of grass to the fabled herbs of King Tut's tomb. But for Native Americans, plants and their uses were more than an intriguing curiosity. Plants were essential to daily life and the basis for their medicine and religious beliefs. Their use of plants was so intertwined with spirituality that it became a means to communicate with the spirit world through a network of dreams and visions.

One herb, that is "sticker," was used by tribes across North America to attract women during lovemaking. The name comes from its ability to glue together two surfaces after they have been separated.

Among all the peoples of North America, there were as many as 100 different kinds of peyote growing in scattered locations. The usage of peyote was so widespread that it came to be regarded as sacred by many Indian tribes, who believed that eating it gave them powers otherwise unattainable.

The wooly stems of the desert mistletoe were fashioned into "chewing sticks" by tribes in the Pacific Northwest, then used as a dental aid. Steeped in water and sipped like tea, the same plant was thought to be an antidote to poison.

"This is truly a wonderful book about a great medicine that has been in use for centuries," said Joe Williams, director of natural products at Dugway Proving Ground in Utah, "and some of these plants are still useful and are being sold commercially."

Much of what is known today about Native American uses of medicinal plants were brought back from expeditions by Lewis and Clark in the early 19th century. This information, however, was of limited use to the explorers because these plants had not been identified.

Clark wrote on May 13, 1806, after his party returned from a six-day excursion into the Rockies, "some of them are very expert in every kind of roots and herbs."

Evolutionary biologists generally agree that North America was probably populated by only two migrations from Asia: one that brought in big game hunters about 13,000 years ago and another that came much later with foragers who domesticated corn and squash.

However, the plants of native peoples in the Americas vary a lot according to climate, soil and plant life so it's hard to believe they could have evolved from a small group of Asian colonists.

"I believe that they probably had as many as 2,000 different kinds of cultivated plants in the Americas," said Gary Nabhan, a Tucson-based ethnobiologist and author of "Enduring Seeds."

A network of traders developed long before Columbus made his first voyage to the New World. Some were as far-flung as the Haida people of the Pacific Northwest, whose 2,000-mile maritime network extended from Alaska to Northern California.

"If you were a Navajo, you'd never use any plant with a strong odor in your house," said biologist and ethnobotany expert Gary Paul Nabhan.

At the same time, the people of the Pacific Northwest had sacred ceremonies in which sweet-smelling "sweat lodges" were constructed from pine boughs. Placed in the center of this lodge, and heated by hot stones, was a small bed of cedar boughs sprinkled with needles.

African slaves who were brought to the New World early in the 17th century were among the first to introduce some of their native plants.

Tolerance for new crops varied with each culture, but there was one plant that everyone loved: corn.

Native Americans had been growing it for thousands of years, however only after the Europeans arrived did it become the centerpiece of most meals—not only for its nutritional value but also because it could be ground into flour and baked into bread.

"It's very hardy and drought-resistant," said Nabhan.

"If you took it somewhere else—from Kentucky or Tennessee to Milwaukee—it wouldn't do so well. It's like eating apples in Wisconsin."

Due to their African heritage, Nabhan believes that flint corn is actually closer to sorghum than other species. It has been preserved through the generations by Southern blacks who dried it for use as a grain or ground it into flour for making cornbread and grits. Today, more than 60 million pounds of flint corn are grown each year in the United States. Most of it is used for animal feed.

One plant that had great symbolic significance to native peoples throughout North America was tobacco. The plant came from South America and was carried north by Indians who had learned how to cultivate it. It was among the first crops that Europeans brought back to their homeland intending to grow more, and tobacco plants can still be found in many European gardens today.

Tobacco is grown commercially in many parts of the world, but it is particularly prominent in Kentucky, where more than 2 million pounds of flue-cured tobacco are produced each year from more than 700,000 acres. In addition to its economic impact—\$1 billion worth of tobacco products were exported from Kentucky last year—tobacco also has cultural importance there.

Tobacco is often grown in tobacco patches, which are small fields surrounded by chicken wire. It is usually planted and then harvested by individuals known as strippers, who can earn several thousand dollars for their work.

"Stripping tobacco is a very meticulous process," said Nabhan. "You're not only taking off the plant but taking care not to damage the leaf on the plants around it."

Due to its cultural significance, Nabhan says that the future of local food should take into account both its symbolic value and its economic importance to people.

That's why he thinks it's important to preserve and adapt traditional crops.

"Local food is about more than just flavor," he said.

"It's also an extension of culture and a way for people to remember who they are."

How the Colors and Shapes of Plants Are Directly Affected in the Treatment of Certain Organs

Plant Therapy is a form of alternative medicine in which the shapes and colors of different plants are used to heal the body. Plants with odd shapes, like ferns or asparagus plants, are often associated with reproductive organs, while rounded or heart-shaped plants, such as pansies, marigolds and snapdragons signify a healthy heart. The color of a particular plant also plays an important role in its therapeutic value; so, not surprisingly, green plants signify new beginnings, while gold flowers mean abundance.

Plant therapy may have a scientific basis for people who prefer not to use toxic drugs or surgery. It is also an attractive option for many patients because it uses natural cures instead of artificial treatments. As with any form of therapy, plant-based treatments should be administered by an experienced and trained practitioner.

In the early 1920s, a Swiss doctor named Max Gerson began treating patients with a variety of diet therapy. Gerson believed that many diseases were caused by certain foods that interfered with the body's energy and short-circuited its healing abilities. Gerson's treatment involved

eliminating meat, dairy products, sugar, flour and caffeine from his patients' diets in favor of large quantities of fresh fruits and vegetables.

The nutrition-based therapy worked so well that Gerson had a 90% success rate with his patients. However, he was unable to persuade the medical community about the validity of his findings and spent most of his life fighting for validation.

Dr. W.F. Koch began making similar discoveries while working at a hospital in Holland with cancer patients. Although Koch's designations did not follow the same order as Gerson's work, there were many common themes between his treatments and those of Gerson. Koch believed that including certain foods in a person's diet could improve their health or even cure them completely if they were suffering from serious illnesses, such as cancer and tuberculosis.

The similarities between the techniques of Gerson and Koch have led some people to believe they might have been working under the same principle, or at least that their work was not completely random. In any case, the two doctors made significant contributions to plant-based therapy and the subsequent development of this form of alternative medicine.

Gerson and Koch's treatments involved removing sugar, dairy products, flour and caffeine from a person's diet. They also required that patients eat lots of fresh whole foods to get a variety of nutrients instead of relying on processed or canned foods. Due to these restrictions on normal consumption habits, patients often found it difficult to follow these treatments for long periods which sometimes resulted in their death.

Later in the 1920s, a homeopathic doctor by the name of Dr. John H. Tilden began to study and apply plant-based therapy as a form of different types of medicine. Unlike Gerson and Koch, Tilden did not believe that every plant had some kind of healing capacity; instead, he recognized that certain plants were more effective in treating certain organs or ailments than others.

He was sure that traditional medicine failed because it sought to heal the whole body rather than just the particular organ that was malfunctioning. He believed that different organs correspond with different diseases and although a balanced diet was important for preventing disease, extreme care should be taken when treating specific organs to avoid harming others.

One of his most widely used remedies was made of wild carrot seeds and was used to treat kidney and bladder problems. Since he believed that the kidney and bladder regulate the body's energy, this plant combination was designed to maintain the person's energy levels while healing these vital organs.

The same plant can also be used after a person has been poisoned, as long as they have not lost their appetite. He believed that since wild carrot seeds stimulate sexual desire, they were an effective treatment for impotence and even played a role in increasing fertility.

Tilden also claimed certain plants could slow down or speed up a person's metabolism depending on which organ it was associated with. For example, he believed that drinking parsley tea could slow down a person's metabolism and also aid in weight loss. He claimed that parsley had the same effect as thyroid medication, which he believed could be dangerous and hard on the system.

Plant therapy is still practiced today by many doctors who believe that herbs and other natural remedies can play an important role in the treatment of certain ailments. There has been some interest in plant-based therapy for patients with cancer because some of these treatments were

used by Koch and Tilden, who both reported successes with their treatments.

The success of these treatments is largely dependent on the interaction between the patient and their practitioner. Much of a patient's treatment plan involves nutrition and exercise, both of which can be difficult to change without proper emotional support. If patients are not willing to make these changes, it is unlikely that any amount of therapy will help them.

Traditional medicine offers little help for people with certain ailments such as chronic pain or cancer because they fail to recognize that the treatment depends largely on the patient's mindset. In fact, many prescription medications cause side effects that mirror certain mental conditions such as depression or anxiety.

Although plant-based therapy is not an overnight cure for some of these serious conditions, it can play an important role in helping a person deal with the physical and emotional side effects of chemotherapy or radiation. It also offers a different perspective of healing that is often ignored by western medicine.

In conclusion, plant-based therapy has played a role in the treatment of countless people with varying ailments. Although there is no quick cure for cancer, those who have tried this treatment have reported noticeable improvements in their overall health and well-being. This alternative form of medicine offers hope for many patients who are unwilling to accept traditional treatments because it recognizes that one person's solution to disease is not the same as everyone else's.

Chapter 3: Secrets of Native American Herbal Remedies

Herbal remedies can interact with prescription and over-the-counter medications. One of the most common problems is that they can interact with blood thinners, which make the herb more dangerous. Herbal remedies can also interfere with the liver and your ability to metabolize certain drugs.

If you need help understanding what a particular herb does to your body before deciding to use it, you should consult your physician before deciding to use herbs or other "herbal remedies" for your health.

Herbal medicines are drugs that are derived from plants. There has been a long history of using these medicines for the treatment of various illnesses. This is because, in traditional herbal medicine, the plants being used have been found to have healing powers. In some cases, people prefer herbal medicines over standard treatments because herbal medications do not have the same side effects as drugs or antibiotics produced in laboratories and sold under a brand name. Herbal remedies are still popular today because they provide an alternative to the expensive drugs that doctors prescribe often without much thought.

However, there are also problems when using herbal medicines. These include the fact that they can cause allergic reactions and side effects. Another disadvantage is that not all types of plants have the same healing powers, and the one you choose may not work well for you. Once you have chosen an herb that works well for you, it will be hard to forget it in other cases. Also, because some herbs are bitter-tasting on their own or when mixed with other liquids, they must be given by mouth in a pill or capsule form. If taken by mouth, some herbs can cause digestive problems such as nausea and diarrhea.

Native American Herbalism

Native American culture believes strongly that all things are connected, and that extends to finding ways to heal the body, mind, and spirit together as one entity.

There are over 500 independent nations of Native American people, and there is great diversity between these peoples, each having its own customs. However, there are common beliefs held between many groups about health and illness. Native American groups acknowledge some form of Earth Mother, Great Spirit, and perceive wellness in the context of creating a harmony of the spirit, mind, emotions, and body. Any sign of illness means that there is a disharmony of these elements.

Since humans consist of mind, body, and spirit, any sign of being unwell in the body indicates that there is something out of alignment within the person.

To heal the patient successfully, the healer must include spirituality, community, environment, and the patient. Any healing practice performed without containing a spiritual element is incomplete, and often will result in an ineffective treatment.

Visiting a Native American healer is a much more integrated experience than visiting a western doctor. The healer communicates with the spirit world and addresses the physical, emotional, and spiritual needs of the patient. The act of healing often contains elements of behavior modification, hypnotherapy, family therapy, dream interpretation, and even group therapy. Treatment in this way is a slow process that typically takes days or weeks to complete.

Medicine in traditional Native American culture is more about healing than curing. The emphasis is on making the person whole by establishing harmony.

Everything in nature is a gift from the Creator, including plants, water, animals. If the people respect these gifts and care for them properly, they will feed us, shelter us, and keep us healthy. We need to make a relationship with plants. All of nature is our equals and we must treat, speak to, and use them with respect. Healing is a dialogue with plants. We are not just telling the plants what to do, but also listening to what they want to or are able to do for you.

While the specific herbs that are used by each tribe may vary based on their climate and what they have available to them, the basic philosophies of healing are strikingly similar across the many different populations living in North America. Much of the healing knowledge is culturally guarded, but this book will outline 44 plants used historically, and are still used, in Native American cultures, as well as some of their widely accepted uses.

There are over 2800 species of plant that are known to have been used for their healing properties by Native American people, and many modern-day pharmaceuticals have been originally discovered through investigating the botanicals that are used by Native American people.

One example of this is the drug Taxol, which is one of the most used anti-cancer chemotherapy drugs that is effective for all stages of breast cancer and used as well for ovarian cancer. Studying the constituents of the Pacific Yew tree, which gave a traditional treatment for arthritis among other things, helped scientists discover this drug.

Another example is another anti-cancer drug, etoposide phosphate, which is effective for treating refractory testicular tumors and small cell lung cancer. This drug was originally derived from podophyllotoxin, which is found in the May Apple, and American Mandrake. Healers in Native American cultures use these plants as a laxative and tonic, and as a liver cleanser, respectively.

It is also notable, that although each separate tribe has its traditions and to some extent their own beliefs, it is known that similar plants were often used for similar purposes by people who would not likely have had contact or had the chance to confer on medicinal knowledge. It is not only the plants that they have in common, but also some of the traditions regarding how to handle the plants, and how to administer them.

A recent study showing how universal the herbal medicine of North American cultures studied two tribes from opposite sides of North America (Iroquois from the east and Salishan from the west coast). The study found several similarities between the healing practices of the two cultures, even though they would not likely have met. Both cultures used similar herbs for similar ailments. Both thought that collecting herbs at certain times of the day or times of the year increased the efficacy of the herb, and that bark should be harvested from the eastern-facing side of the tree only. Both agreed that an offering of tobacco is required whenever harvesting a plant or part of a plant for medicinal use or food.

Many of the recipes and remedies used by Native American healers are unknown because of their reluctance to share with outsiders. Many of the herbs known outside of the Native communities are due to the study of herbalists and doctors of early colonists to North America, who also found uses for them, and their use spread to Europe where doctors studied and documented their medical benefits.

Herbal Remedies Side Effects

Allergic Reactions– Individuals with known allergic reactions to certain herbs should avoid taking them. Allergic reactions may include itchy skin, swelling of the mouth or throat, difficulty breathing, and even death.

Juice from aloe vera plants can irritate the mouths and throats of individuals who are allergic to latex.

The Seminole Indians in Florida once used a tea made from certain varieties of the Cassina plant (which contains the toxic alkaloid tannin) to induce vomiting as a form of self-treatment for an ingested poison. However, if used at high doses, this plant can cause death due to severe dehydration.

Alteration of Prescription Medication's Effects– Certain herbs have been found to either decrease or increase the effectiveness of certain prescription medications. For example: The herb kava has been found to reduce the effectiveness of depression medication known as MAOIs (monamine oxidase inhibitors). Mixing St. John's wort with certain antidepressants such as venlafaxine or duloxetine can increase the risk of serotonin syndrome, a potentially fatal condition.

In a 2005 study, kava reduced the effectiveness of MAOIs by 84%, but did not affect the effectiveness of SSRIs (selective serotonin reuptake inhibitors), which are commonly used to treat depression. In a 2006 study, St. John's wort had no effect on the effectiveness of antidepressants. An updated review published in April 2014 confirmed that St. John's wort has no effect on SSRIs.

Interaction with Prescription Medications– [Information correct as of January 2015]

The herb milk thistle can reduce the absorption of certain medications, including blood thinners and anti-seizure medication. At high doses, it can increase the risk of bleeding.

The herb ginkgo (which contains high levels of ginkgo alkaloids) can decrease the effectiveness of some medications. However, there is only preliminary evidence that ginkgo has this effect.

A 2009 review determined that St John's wort has no effect on regular aspirin or ibuprofen but may decrease warfarin or clopidogrel interference by 75%. A 2012 review confirmed these results.

Warning before Self-Treating with Natural Remedies– [Information correct as of January 2015]

In 2006, researchers warned that individuals with heart disease should not use feverfew to treat migraine headaches due to concerns over the herb's potential blood pressure lowering effects.

Some studies suggest that certain herbs may slow blood clotting. Therefore, individuals taking blood thinners (e.g., warfarin), aspirin or other medications should discuss any natural remedy with their doctor before using them on their own.

Treatment Approaches

Native American medicine addresses the healing of the whole person and therefore uses the holistic approach to healing and cure. We know that health requires some kind of balance. These days we come across medical problems like some types of cancer which defy all types of treatments. Yet, when natural remedies are taken and the environment is taken care of, the water, the air we breathe and the food we eat, all of these bring some kind of balance in every sphere of

life not just the physical.

Many medical problems can be resolved by changing our lifestyle and the social connections we have with those around us. We can also decrease stress and depression by caring for others who also care about us so that we can find inward peace. Emotional imbalance is as much a problem as physical illnesses and diseases. We need to deal with our emotions to be able to embrace holistic healing and cure.

Native American medicine places a lot of emphasis on the imbalance in the mind, emotions and spirit not just the physical. All these have to be harmonized. Native American medicine becomes effective because it aims at returning the patient to a state of harmonious balance within themselves and in relation to others and the outer world. This holistic approach makes the individual be able to appreciate the world and what it has to offer.

This calls for lifestyle changes in the consumption of foods and drinks that support health while avoiding those that don't. This promotes health and ensures that the individual and those in the community embrace medical treatments that have been proven over the years to be effective and to have little or no side effects.

There are times the healer calls for the patient to have some behavior modifications especially when the illness is as a result of something the patient did. This may be in form of taking alcohol, abusing drugs and such behaviors. The solution may not lie in the herbal remedies but in behavioral changes. The healer's intention is that the person may be transformed through their own experiences.

Native American medicine has not been used extensively like modern science has. In recent history, conventional medicine has made major strides although it still faces challenges due to the side effects, addictions and resistance resulting from the use of prescription drugs. That is why natives and non-natives are searching for solutions in the Native American healing practices which have again become popular. People are starting to recognize that, for healing or cure to take place treatment has to embrace the whole individual not just the physical.

Since Native American medicine prepares the patient for holistic healing and maintenance of health, it is found to be useful in all situations. However, herbal interventions must be used conservatively when pharmaceutical drugs are used if they are part of the treatment because they can have some adverse reactions on each other.

Chapter 4: Shopping, Growing and Best Storage Guide

Buying Herbal Medicine

The herbs should look like what they represent. Even dried, there shouldn't be a huge difference in color or texture. Whites will tend to change to cream colors as the petals dry, and reds/blues will get darker. But if you're expecting an orange flower and you receive a purple one or white one instead, it's probably not the right plant.

Following up on that, make sure the colors are bright. They shouldn't be dull or brown.

Herbs should smell like what they're supposed to. If you have an aromatic herb, you should be able to smell it, even in a dried form. If it smells like nothing or like grass, then it might not match.

While checking over the herbs, make sure everything in the container looks the same. If there are pieces that don't look like they belong, then they probably don't.

The herbs should be stored in the correct containers. They should be in dark glass jars or other containers where they won't be exposed to light and air easily.

Make sure that any herbal supplements you purchase have the right labeling. Consider the labels on prescriptions: they tend to include things like the scientific name of the product, daily dosage, and the weight of each pill, warnings, and any additives. So, you want to look for the same on your herbal supplement bottles.

When looking for a reputable local source, ask local herbalists or doctors for recommendations. You can also look at the websites for different herbal practitioner organizations to see if they have any recommendations.

For online purchasing, you want to follow some of the key steps as those above once you receive your purchase. Choose to buy things from reputable online shops.

If you walk down any city street, you'll probably be able to find an herbalist shop. This might be in culturally specific areas of a city or areas with other medical stores nearby. They may be near stores that focus on New Age or equivalent practices. Wherever you find them, you should go through the stores and check the products before purchasing anything.

If you are purchasing your herbs in loose form (i.e., where you can tell that it's a twig or berry or flower), then there are some things you want to look for.

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Dried herbs are available readily in most supermarkets and whole food stores. You can also get good deals on dried herbs online.

If you don't grow a specific herb in your garden, you can order them by the pound from various websites. You can research and find which websites are local to you to get the best deals. You can order in small batches at first to check the quality. Make sure they are freshly harvested and properly dried, and you would be able to get superior qualities of dried herbs.

If you cannot find good-quality dried herbs online, you can check local farms in your area. Some of these farms also sell their dried herbs online. If it is a hard-to-find herb, you can also check national listings to see what the shipping process is like and make your order accordingly.

Growing Herbs

You can grow your herbs from seeds, cuttings of existing plants, root division, or simply purchase the plant from a reputable nursery. Some herbs need a lot of space to grow, while others do well in pots. Herbs are divided by where they can grow, either in a kitchen garden, flower garden, or larger areas. Most herbs you'll grow at home need about eight hours of sunlight daily and well-draining soil. You can find out how to grow your particular herbs of choice by checking their growing requirements online.

You'll also need to choose the best time of year to harvest from your plant. Leaves can be harvested right after they open, though be sure not to remove more than ¼-½ of the plant's total leaves since they need them for their own survival. The leaves are harvested in the spring or summer, usually during a sunny day. Flowers can be harvested once they are in full bloom, usually during the first day of the bloom. Many flowers bloom in summer, so you'll harvest them then. The fall is the time for roots. Most plants whose roots will be harvested need to be alive for years (yes, years!) before they're harvested. So, if you want to harvest your dandelion roots, you'll need to leave them on your lawn for four years, give or take.

One of the best ways to make sure that you are harvesting exactly what you want and without confusing it with a potentially toxic look-alike is to grow it yourself. Growing your herbs is also a great time-saver if you use a particular herb frequently to save you from hunting it down in the wild.

Cultivating your herbs at home is an enjoyable way to taste fresh flavors all year long. And as

the weather starts becoming more relaxed and the days get shorter, there's just one thing that means: harvest season.

Here's a realistic tip:

- Just pick herbs when they're dry. It is advisable to reap after the morning dew has gone or at night.
- Just before the opening of the buds, should you harvest culinary herbs? Be sure to pinch several buds before they open, since after they flower, all the plant's energy goes into developing blooms, and then the tasty leaves do not grow well.
- Harvest the seeds until they turn from green to brown. The seeds have to be fragile, dry, and crushable, not brown, but brown.
- Be gentle. Handle them carefully to stop bruising your precious crop when harvesting, as fresh herbs are fragile, so.

Gathering Herbs (Responsible Harvesting)

When harvesting plant parts for medicinal use, make sure to use sharp scissors or a knife to take leaves or flowers. It is essential to respect the plant, so do not pull or tug at the plant as this can cause damage to the plant. Cut the bark in small strips, not around the circumference of the tree. If possible, take bark from the branches and not from the main trunk. Some healers have said that certain plants are best when harvested at certain times of the day or during certain phases of the moon. Whether growing your herbs or harvesting them in the wild, the time for harvest will depend on the part of the plant that you want. Some plants are ready for harvest year-round, like Aloe Vera.

Gather the leaves and green parts of the plant just before the flowers open because the plant converts much of the energy and healing properties to the flower to attract pollinators once the flowers open.

When harvesting for a root, remember that harvesting the source of the plant kills the whole plant. Respect the plant that is giving its life to help you and heal your community. The roots of some plants are the most potent in the spring, so harvest them then if this is the case. However, unless otherwise specified, try to gather the root in the autumn after the plant has grown, flowered, and sent out seeds to start the next generation. If possible, do not collect the roots of a plant that is less than three years old. If there are seeds still on the plant when collecting the root, scatter them or plant them in the hole where the original plant came from to ensure future generations.

Investigating the plant is a good idea so that you know what type of root system the plant has, for example, if the plant has shallow roots or a single deep taproot. Place any parts of the plant that you will not be taking with you, such as any leaves or stems, back into the hole and then cover them over with soil. This act shows respect for the plant and works as compost for future plants using that site. Remove as much of the dirt from the root as possible while on the site of the harvesting, and then wash and scrub it in running water before drying to use in herbal preparations.

In general, harvest flowers and leaves in the morning, soon after the dew has dried. For best results, harvest blossoms when they are halfway open. This ensures that the plants are fresh and not wilted by the sun.

The best way to harvest bark is to cut a limb off the tree and take the bark from that. If there is too much bark taken from the trunk of a tree, the tree will likely die. Strip the bark from the limb immediately after cutting the stem, and then leave the bark in a shady spot and well-ventilated place to dry. One of the only exceptions to this rule is that willow does best when allowed to dry in the sun rather than shade.

When harvesting, make sure to choose only the best-looking plants. Do not pick plants for eating or medicinal purposes that have insect holes in them, look wilted or diseased or have any discoloration.

It is traditional to leave an offering for the plant before cutting it and thank it for providing you with the herbs you need. Traditionally, the offering was tobacco or cornmeal, but anything can be used, including a song, a prayer, some of your dried herbs from last year; the gift itself is not as important as the intent behind it and the act of respecting the source of your herbs.

If harvesting in the wild, make sure to harvest away from roadsides, fields treated with pesticides, or any other space that may be at risk of pollution or pesticides. Never gather all an herb available in your area since it opens the possibility of the extinction of that herb. Never assume that it will grow back, especially if you are digging up the roots and taking berries or flowers that contain seeds. The traditional rule of thumb is to harvest no more than 30% of an herb from a particular area, or every third plant you see.

Almost all plants have look-alikes, and some of the look-alikes are poisonous, or at the very least, do not have the herbal benefits of the herb you are looking for. Always be 100 % sure what you are picking if you are harvesting in the wild. If you are even a little unsure, then do not pick it. If you will be wild harvesting, try apprenticing with an experienced herbalist or person who is very familiar with the plants. Make a point of researching the look-alike plants so that you will know when you see or smell them. It is a good idea to invest in a good field guide for your area with photographs and detailed descriptions of each plant.

Once you have positively identified a plant, make your observations, including where you found it, what was nearby, take photos or rubbings of the leaves. Try to visit the same plant several times during the year so that you can become familiar with what it looks like in different stages of growth.

Spend some time with plants before harvesting anything. Commune with them and get to know their language and their characteristics. Always approach plants with respect, and always ask the plants for their help and their permission to take what you need. Tell the plants why you need their help.

The process of collecting plants from their natural environment for nutritional or therapeutic purposes is wildcrafting. (The term 'foraging' is sometimes used, but they are synonymous, with grain and 'wild crafting' for herbal medicines).

You don't really need a lot of equipment, but there are a few essentials that can make your journey a smooth one. You're going to need something mostly to bring your harvest in, and you may need some instruments to distinguish the plants from the forest.

For short journeys, baskets are great, and for longer ones, big paper bags are great.

For all kinds of wildcrafting and gardening duties, I love this Hori digging knife. It has one smooth blade and one serrated blade, and it is angled so that it acts as a knife and a trowel. A

vegetable brush is another handy tool to clean roots with, to reduce the dirt you take with you. Carry a paintbrush instead of a crop brush if you're picking mushrooms to avoid destroying them.

Site Selection

Obtaining permission: On BLM property, if you receive limited sums, a free use permit can be received for a low fee. The U.S. Both Forest Service and BLM will warn you that there is no picking (a) in or near campgrounds or picnic areas; (b) some trails less than 200 feet away; and (c) on the side of the lane.

Keep away from downwind runoff, roadsides (at least 50 feet), electric high-voltage cables (may cause mutations), lawn and public park fertilizers, downstream mines or agribusiness, near parking lots, and even spray areas. Routine spraying is used by several BLM and Forest Service areas. This also refers to private property, where you would need to worry about herbicides and pesticides.

A reckless wildcrafter will seriously alter a rocky hillside or stream-side habitat using discretion in vulnerable ecosystems.

Suggested Gathering Times

Aerial or above-ground parts: Mornings between 6 and 10 a.m., just before they wilt in the sun. If harvesting a leaf, many are best just before flowering. Harvest most flowers just as they are beginning to bloom—you should be able to see the color of the bud. The traditional moon phase for harvesting aerial parts is near or during the full moon.

Roots: Harvest after seeding; if possible, in the early morning before the sun hits. Biennials: Harvest in the autumn of the first year or the spring of the second year. The traditional phase is the new moon.

Barks: Harvest in the spring or fall. Never strip. Take the whole tree. Tree thinning is appropriate in dense populations, but always leave the healthiest looking trees. If you take from the small branches only, be aware of potentially leaving the tree vulnerable to fungal rot. For many barks, the inner bark, or cambium, is the most active. Leave short trunks for pollarding, and low stumps for coppicing. This will provide an ongoing harvest. The traditional phase for barks is the three-quarter waning moon.

Saps and Pitches: Harvest in late winter or early spring.

Seed and Fruit: Harvest when mature, with some exceptions such as citrus, unripe scarlet bean pods, etc.

Responsible Harvesting

Leave any grandfather and grandmother plants that you come across alone. It may be difficult to tell them from other plants, but they are the origin of all the plants of their kind that grow in the area. They may be bigger, taller, and higher on a hill, and have seeded a whole valley with their offspring. Do not collect leaves, flowers, roots, or any plant part from these plants. Honor the grandfathers and grandmothers and leave them to grow.

Cut the bark in small strips, not around the circumference of the tree. If possible, take bark from the branches, and not from the main trunk. Some healers have said that certain plants are best when harvested at certain times of the day, or during certain phases of the moon.

Whether growing your own herbs or harvesting them in the wild, the time for harvest will depend on the part of the plant that you want. Some plants are ready for harvest year-round, like Aloe Vera. For some herbs, like Elder, the harvesting time will vary depending on whether you want to gather the flowers or the berries.

Gather the leaves and green parts of the plant just before the flowers open, because the plant converts much of the energy and healing properties to the flower to attract pollinators once the flowers open.

When harvesting for a root, remember that harvesting the root of the plant kills the whole plant. Respect the plant that is giving its life to help you and heal your community. The roots of some plants are the most potent in the spring, so harvest them then if this is the case. However, unless otherwise specified, try to gather the root in the autumn after the plant has grown, flowered, and sent out seeds to start the next generation. If possible, do not collect the roots of a plant that is less than three years old. If there are seeds still on the plant when collecting the root, scatter them or plant them in the hole where the original plant came from to ensure future generations.

When gathering the roots or rhizome of a plant, use a shovel or a fork to dig a circle around the plant and then dig up the whole thing. Investigating the plant is a good idea so that you know what type of root system the plant has, for example, if the plant has shallow roots or a single deep taproot. Place any parts of the plant that you will not be taking with you, such as any leaves or stems, back into the hole and then cover them over with soil. This act shows respect for the plant and works as compost for future plants using that site. Remove as much of the dirt from the root as possible while on the site of the harvesting, and then wash and scrub it in running water before drying to use in herbal preparations.

In general, harvest flowers and leaves in the morning, soon after the dew has dried. For best results, harvest blossoms when they are halfway open. This ensures that the plants are fresh, and not wilted by the sun.

The best way to harvest bark is to cut a limb off the tree and take the bark from that. If there is too much bark taken from the trunk of a tree, the tree will likely die. Strip the bark from the limb immediately after cutting the limb, and then leave the bark in a shady spot and well-ventilated place to dry. One of the only exceptions to this rule is that willow does best when allowed to dry in the sun rather than shade.

When harvesting, make sure to choose only the best-looking plants. Do not pick plants for eating or medicinal purposes that have insect holes in them, look wilted or diseased or have any discoloration.

It is traditional to leave an offering for the plant before cutting it and to thank it for providing you with the herbs that you need. Traditionally, the offering was tobacco or cornmeal, but anything can be used, including a song, a prayer, some of your dried herbs from last year, the gift itself is not as important as the intent behind it and the act of respecting the source of your herbs.

If harvesting in the wild, make sure to harvest away from roadsides, fields treated with pesticides, or any other space that may be at risk of pollution or pesticides. Never gather all an herb available in your area because opens the possibility of the extinction of that herb. Never assume that it will grow back, especially if you are digging up the roots, but also if you are taking berries or flowers that contain seeds. The traditional rule of thumb is to harvest no more than 30% of an herb from a particular area, or every third plant you see.

Almost all plants have look-alikes, and some of the look-alikes are poisonous, or at the very least, do not have the herbal benefits of the herb you are looking for. Always be 100 % sure what you are picking if you are harvesting in the wild. If you are even a little unsure, then do not pick it. If you will be wild harvesting, try apprenticing with an experienced herbalist or person who is very familiar with the plants. Make a point of researching the look-alike plants so that you will know when you see or smell them. It is a good idea to invest in a good field guide for your area with photographs and detailed descriptions of each plant.

Once you have positively identified a plant, make your own observations, including where you found it, what was nearby, take photos or rubbings of the leaves. Try to visit the same plant several times during the year so that you can become familiar with what it looks like in different stages of growth.

Spend some time with plants before harvesting anything. Commune with them and get to know their language and their characteristics. Always approach plants with respect, and always ask the plants for their help and their permission to take what you need. Tell the plants why you need their help.

Finally, always check with local regulations before wild harvesting. Some plants are protected in various areas because they are already in danger of becoming extinct. For example, saw palmetto grows wild in Florida, but to harvest it, you need to obtain a permit from the government.

There are some very abundant and fairly safe herbs to wildcraft, but overharvesting is a serious problem for our wild herbs, and when so many can be organically cultivated, it is really much better to do that instead of taking plants from the wild.

Stay away from downwind pollution, roadsides (at least 50 feet), high-tension electric wires (may cause mutations), fertilizers in lawns and public parks, downstream from mining or agribusiness, around parking lots, and possible sprayed areas. Some BLM and Forest Service districts use routine spraying. This applies to private land as well, and you may need to ask about herbicides and pesticides.

Use discretion with fragile environments—one irresponsible wildcrafter can severely alter a rocky hillside or streamside ecosystem.

Using proper wildcrafting techniques will ensure minimal impact, increase harvest yields, and continue to provide plant food for wildlife. Do not harvest the same stand year after year, but tend the area as necessary. “Gardening” techniques that apply include thinning, root division, top pinching, and preserving a wide selection of grandparent plants to seed and guard young plants.

Be aware of erosion factors. If digging roots, replant or scatter seeds, and cover holes. Be mindful of hillside stands, replace foliage and dirt around harvested areas. Gathering foliage from nearby harvested plants and spreading it around may be necessary. Wearing hard-soled shoes may cause delicate hillside ecosystems irreparable damage.

If harvesting leaf, don’t pull the roots. Flower pruning of certain plants will increase root yields as well as foliage.

Make seasonal observations on wildcrafted areas. Be mindful of your harvested stands and check different growth cycles. This will determine your real impact on the ecosystem. (One experienced wildcrafter in the northwest has observed that a healthy population will increase about 30% a year until it reaches stasis. Anything less than this could be considered

degenerative.)

Drying and Storing Herbs

Herbs are exceptionally transient in any event, when dry, and will rapidly lose their advantages except if they're appropriately arranged and put away.

Fresh herbs can lose intensity very quickly, so most cultivators dry them for capacity. To dry herbs, separate the leaves from the stems and spread them in free, single layers on a spotless, level surface. Bulkier plants might be dangled from a line in a dry zone, for example, a warm storm cellar or upper room. Flies and different bugs are now and then pulled in to herbs, so you might need to cover them with a layer of cheesecloth.

The time required for drying depends both on the herb and the earth in which it's being dried. Since herbs lose their strength so rapidly, the shorter the drying time frame the better. It for the most part takes about seven days. A herb is adequately dry when it despite everything has a smell yet is sufficiently dry to break. On the off chance that it disintegrates totally when you handle it, you dried it excessively long.

Roots, which ought to be completely washed before drying, take more time to dry than leaves and flowers—for the most part around three weeks.

When they are dried, store them in coated earthenware, dim glass, or metal holders with tight-fitting covers. Plastic packs or nourishment stockpiling holders will retain the fundamental oils.

Drying Herbs

Drying should be done immediately after harvesting, as soon as possible to prevent the part from spoiling or starting to form bacteria, away from the sun, in a dry and ventilated place. The tools we use are also important: you have to spread the parts of interest on trellises or on wooden planks covered with a cloth that allows the air to breathe and any insects to leave the part no longer useful for their purposes; do not try to "clean" the parts manually: these little guests will leave on their own if you have arranged the parts to be dried properly. Do not use absorbent paper or plastic, the canvas must be coarse weave and must not absorb the juices of the plant, it must dry in the air. Do not wash any airborne parts of the plant before or after drying. Drying lasts from 15 to 20 days and requires some maintenance: you have to turn the grasses from time to time, select them by throwing away the black parts, or with any mold or insects that have not left the plant. When they are completely dry, they can be stored in a glass or clay pot or paper or canvas bags. They must be used within a year.

The roots and fleshy fruits should be treated differently: the roots in particular (and only those) should be washed thoroughly before proceeding. Both roots and fruits should be cut into thin slices and strung with a thin string, being careful that air passes between one slice and another; the drying will be done in fresh air and sun, simply by hanging the string on a sunny and ventilated spot. The drying process lasts until the roots and fruits reach a rubbery consistency, then they must be removed from the string and stored in paper or canvas bags.

The flowers and leaves must be dried in the shortest possible time: put on large wicker baskets and placed in well-ventilated and shaded rooms; attics, porches, barns are ideal places. They are considered dry when, by touching them, they break easily.

For the seeds, roots, and barks, we use the sun or the oven at a very low temperature and with the door open so that the air circulates freely. Before being exposed to the sun, the roots must be

washed quickly and thoroughly, then cut into washers or strips.

The fruits dry well exposed to the sun without prior washing. In the past, in the countryside, it was used to slip them into strings, forming long necklaces that were stretched out in the sun.

If you have space, herbs are best dried loose in a single layer on a flat drying surface, preferably elevated by something like a kitchen cooling rack to allow air circulation around the plant and prevent molding. If wire racks are not available, then flip the plants over daily to ensure even drying. Leafy herbs or herbs that can be gathered with longer stems can be tied in bunches and hung upside down to dry. Make sure that the bundles are not too big, just a few sprigs per bundle so that there is space for airflow around each leaf.

Leafy plants should not be washed in water, just shaken and hand cleaned to remove any bugs or dirt.

Usually, unless otherwise specified, dry all plant parts out of the sun, and at temperatures not exceeding 100°F. The drying time will vary, so make sure that the space is in an area that will remain warm and dry for anywhere from a few days to a few weeks for thicker roots.

Roots take the longest time to dry, and for best results, split the roots lengthwise in half to speed up the process a little. The roots will be brittle when they are completely dry. As the roots dry, keep in close contact with them. Touch them and maintain contact with them. Splitting the roots in half helps to prevent any mold from forming on them as well as drying them faster.

Storing Herbs

Once your herb is dried, place it into a clean, dry container until you are ready to use it. Do not use plastic containers since the volatile oils in the herbs can possibly react with plastic and may alter the herb and make it less potent. Glass, ceramic, or metal containers are best.

The herbs, especially leaves, will be quite brittle once dry, so handle them with care. Once dried, aboveground plant parts will last only about a year so need to be harvested fresh each year.

Whole plants lose their potency more slowly than broken or powdered plants. Traditionally, and if space allows, the plants can be hung as whole plants from the rafters of the home, and then broken down or powdered as needed through the winter. Replace the plants through the spring and summer as the supply is used.

Place the herbs in their containers, and make sure to label them. All dried leaf fragments tend to look the same. If you plan to use different parts of the plant for different purposes, then plan to store them separately since it will be difficult to separate them once they are dried and crumbled. Make sure that each container has a tight-fitting lid to keep out moisture, and that the container itself contains no moisture before storing the herbs. Store the containers in a cool, dry place away from direct sunlight or heat.

Mark with Place and Dates

Broken or crushed herbs lose their worth more easily than uncut herbs, which are complete.

The Rocky Mountain Herbalists' Group has established approaches to conserving wild medicinal plant species. Deep feelings for the sanctity of the Environment and plant communities are the impetus for developing these methods. As a non-governmental group operating in a single bioregion, these techniques are structured to include informed self-interest and social coercion. These methods are available for use, modified, and implemented to their own unique needs by

those in other bioregions.

The first move was to establish a series of rules to help harvesters grasp the core concepts of ethical wildlife crafting. With many experienced wildcrafters' feedback, these standards have been established and submitted to rigorous peer review. Instead of being hard and fast guidelines, they are built to compliment the ethical framework. For the wildcrafter to fill out and submit along with each shipment of herbs, a requirements sheet containing details on where and how a plant is grown, handled, and dried has been produced. This data offers customers the ability to learn about responsible wildlife crafting and explicitly help harvesters whose philosophies are in line with their own.

The next move was to establish a list of conscientious wild artisans and organic farmers for direct marketing. By placing herb buyers in line with the actual harvesters, the register was designed to promote good actions. This direct connection promotes an atmosphere of shared interest, helps improve quality management, and encourages wildcrafters to set rates that enhance sustainable harvesting practices and inspire them.

Manufacturers of herbal products are encouraged to use the list to integrate the values into their routine business activities. Wild crafters and organic farmers who are ecologically conscious are invited to send additional listings to the new register. The development of a bioregional cooperative of wild artisans and organic farmers is a recent phase in this initiative. The concept is to come together as a group to share information; encourage education among harvesters and growers; establish self-regulation systems by peer review; and meet demands at a price that promotes healthy, ecologically sound practices for ethically harvested and organically grown herbs. The co-op is a vehicle for participants to exchange knowledge about plant growth patterns, harvesting procedures, methods of propagation and production, and alternatives to over-harvesting. A list of native plants that are threatened, over-cultivated, or illegally cultivated is being established, and restrictions are set to ensure species' survival by peer consensus.

This knowledge can be shared in a newsletter with other wildcrafters, bioregional co-ops, and customers. It is also possible to establish a seed sharing scheme so that regions can be re-seeded for potential use. For the co-op, to ensure that some areas are not overused and that other regions are left behind to regenerate, participants will be able to exchange knowledge on harvesting regions. The cooperative aims to create a system that can be used to direct each other and develop personal honesty. To protect areas from forestry, construction, and agriculture, the co-op may also be seen as a forum for citizens to work together as activists. We would like to see the development of an annual meeting where wild artisans can meet, exchange data, reinforce the network, and become a prominent, active members of the herbal culture.

There is an urgency for those who hear the sound of the Earth weeping, Herbalist or not, to do something to respond. This is a start to secure and help this tiny portion of the planet survive. The Rocky Mountain Herbalists' Alliance insists that we must be careful not to kill wild plant species or the wild places where they live either directly through our acts or implicitly through our implicit agreement. To do this, we need to take precautions to put long-term survival at the grassroots and corporate level before short-term gain. If we take a stand together and stick to ethical values, those who disregard the plants will either change their processing methods or vanish from the sector. In this way, we seek to undo the harm done by our forebears, retain our own sacred faith in the World, and give our descendants the gift of respect for life seen on stable and prosperous earth.

This includes herbs used for preparations such as teas or tinctures. Return the plant parts to the earth respectfully once strained from the tea, tincture, or other preparation. No specific ceremony is required, but bury them in a garden or under a tree. As you return them to the earth, thank the Creator and the plants for helping you in your work.

How to Store Herbs, Teas & Oils

Keep it out of the light. Light can dilute or ruin herbs, oils, and teas.

Keep it in an airtight container to make sure that nothing gets into the oil, herb, or tea. This will make sure that it's still potent and useful.

Keep it out of the reach of children, as most herbal remedies are not safe to give to children.

Conclusion

Herbal medicine can be an effective part of treating various diseases and ailments. It is the most cost-effective form of medicine since it does not involve doctors or medicines. There are several different forms of herbal remedies used to treat many medical conditions, especially the ones that involve the body's internal organs such as the nervous system, digestions, heart, lungs, and immune system.

As far as herbs and plants as remedies, they tend to focus on plants and herbs' local growths for their practice. When taking Native American herbal and plant remedies, one should look for the appropriate herbs for the application. This means that you would look for which type of bone has been broken and go with that to treat a broken bone. You would also have to go with what kind of injury was suffered to prevent something from happening or causing more pain than average. Some herbs are explicitly used for specific injuries, while others are used for general use.

Herbal medicine has been reintroduced in various ways in form of alternative medicine. This includes aromatherapy, acupuncture, herbal treatment and other forms of alternative medicine. Herbal treatment seeks to heal people of common illnesses and other health conditions using herbal remedies which can be in form of supplements, tea ingredients, oils and powdered ingredients. Some clinical herbalists supply Native American herbs that treat health conditions like arthritis, skin problems, asthma, broken bones, hormonal problems and many other ailments. However, for the herbs to become effective they have to be taken in the right dosage and combined as recommended. They should also be obtained from controlled sources that ensure quality.

Good luck

BOOK 2: NATIVE AMERICAN HERBAL MEDICINE

Introduction

Herbal medicine has been reintroduced in various ways in the form of alternative medicine. This includes aromatherapy, acupuncture, herbal treatment, and other forms of alternative medicine. Herbal treatment seeks to heal people of common illnesses and other health conditions using herbal remedies, which can be in the form of supplements, tea ingredients, oils, and powdered ingredients. Some clinical herbalists supply Native American herbs that treat health conditions like arthritis, skin problems, asthma, broken bones, hormonal problems, and many other ailments. However, for the herbs to become effective, they have to be taken in the right dosage and combined as recommended. They should also be obtained from controlled sources that ensure quality.

This book aims to introduce you to some of the traditional medicinal Herbs that have been used for several centuries and are often passed down through generations.

A considerable number of Americans use herbs, and an expanding number of doctors are suggesting them for their patients. Researchers have found in labs what Native Americans realized a considerable amount of years prior—that inside the universe of plants are an excellent regular drug store. A large number of the medications we use today contain ingredients almost indistinguishable from those found in nature.

A significant number of our remedies are necessarily manufactured adaptations of herbal concentrates that Native Americans utilized with extraordinary achievement. Herbal medicines are drugs that are derived from plants. There has been a long history of using these medicines for the treatment of various illnesses. This is because, in traditional herbal medicine, the plants being used have been found to have healing powers. In some cases, people prefer herbal medicines over standard treatments because herbal medications do not have the same side effects as drugs or antibiotics produced in laboratories and sold under a brand name. Herbal remedies are still popular today because they provide an alternative to the expensive drugs that doctors often prescribe without much thought.

For their medicinal plant knowledge, Native Americans are acclaimed. Since seeing animals consuming such plants when they were ill, it is believed that they first began using plants and herbs for healing. The medicine men used to select every third plant they find to protect these plants against over-harvesting. Native Americans had a spiritual outlook on life. A person should have a sense of meaning and follow a fair, harmonious, and balanced course in life to be healthy.

Chapter 1: Native American Herbs

Agave



Common Names: Century Plant, Maguey, or American Aloe

Scientific Name: *Agave Americana*

Family: *Asparagaceae* (Asparagus)

Origin: Native to semiarid and arid regions of America, particularly the Caribbean and Mexico

About Agave:

The agave plant has numerous plant species used for the production of tequila. This is a plant that takes a lot of time to grow – about 5 to 7 years. It also possesses a low glycemic index which helps to keep blood sugar levels in check. This is one plant that is beneficial for boosting the immune system.

Medicinal Parts:

- The sap
- The leaves
- The seed

Habitat & Foraging:

- The agave plant is a monocarpic plant which dies after fruiting
- After 10 years in a warm climate or 35 years in a cool climate, it only blooms once
- In its native range, this plant blooms from June to August

Influence on the Body:

- It helps improve metabolism
- It improves heart health
- It can help with depression

Traditional Uses:

- Wound healing agent

- Hand skin treatment
- Soap production

Possible Side Effects:

- Digestive system irritation – if taken in large quantities
- Allergic reactions for those who are allergic

Alder



Common Names: Mountain Alder

Scientific Name: *Alnus Incana ssp*

Family: *Betulaceae*

Origin: Native to Northwest America (California)

About Alder:

Alder is a tree whose leaves and barks are used for making medicine. This medicine helps the body fight sore throats, rheumatism, swellings, and even fever. Everyone can take alder, but individual dosing depends on age and severity of health condition. This is the reason why people who take other medications need to be careful using alder.

Medicinal Parts:

- The bark
- The leaves

Habitat & Foraging:

- Alder grows on open woodland
- It grows on most soil types with a flowering period between March to April

Influence on the Body:

- It helps to combat fever
- It reduces symptoms of constipation

Traditional Uses:

- Bleeding

Possible Side Effects:

- None

Alfalfa



Common Names: Buffalo Herb, Lucerne

Scientific Name: *Medicago Sativa*

Family: *Fabaceae*

Origin: Native to Asia, and introduced to North America

About Alfalfa:

Alfalfa is a native of Asia but only got to North America as of 1860. This deep growing plant is likewise seen around Virginia down to Maine and likewise westward to the pacific coasts of the United States. This herb has seeds, sprouts, and leaves adapted for medicinal use, mostly for kidney, bladder, and prostate conditions. It contains a lot of essential nutrients, which makes it popular for constant use.

Medicinal Parts:

- The seeds
- The leaves

Habitat & Foraging:

- The alfalfa plant is usually found in vacant lots, abandoned fields and railroads

Influence on the Body:

- It helps improve metabolism
- It lowers cholesterol levels
- It contains healthy antioxidants

Traditional Uses:

- Relieving menopause symptoms

Possible Side Effects:

It can be bad for those who have the following complications:

- Pregnant women
- Individuals who take blood thinners
- Those who have autoimmune disorders

Amaranth



Common Names: Wild Amaranth Pigweed, Purple Amaranth

Scientific Name: *Amaranthus*

Family: *Amaranthaceae*

Origin: Native to Central America (Mexico)

About Amaranth:

Amaranth is a group of grains with more than 60 species cultivated for a long time now. This ancient grain gives a healthy dose of protein, fibers, and other important macronutrients. The leaves are also rich in soluble and insoluble fiber, which helps to reduce weight.

The seed is easily prepared by soaking it in water for about three days and allowing it to germinate. This makes it easy to break down and digest all the antinutrients, making it difficult for you to absorb the necessary nutrients. Once this is done, it can be used for different tasty dishes.

Medicinal Parts:

- The leaves
- The seeds

Habitat & Foraging:

Amaranth is easy to plant. Found in North America and South Asia, it needs to be planted for a long season close to about 120 days.

Influence on the Body:

- Lowers cholesterol levels
- It contains antioxidants
- Reduces inflammation

Traditional Uses:

- Weight loss

Possible Side Effects:

- None

American Licorice



Common Names: Wild Licorice

Scientific Name: *Glycyrrhiza Lepidota*

Family: *Fabaceae*

Origin: Native to Canada and Northwest America (Texas California)

About American Licorice:

The root of the American licorice is one of the oldest herbal remedies in the world today. This root has been popularly used to treat various medical health conditions in the form of teas, tinctures, supplements, powders, and medicines. Even though this root has been around for a while, it is backed by scientific research, but it must be taken with caution.

It has been popularly used to treat cough, viral infections, hot flashes, heart burns and acid refluxes. It also helps to manage sore throats and likewise clears difficult skin conditions. Even though this root has no standard dosage, it is advised for people to take nothing more than 100 grams daily.

Medicinal Parts:

- The leaves
- The roots

Habitat & Foraging:

- American licorice is mostly found in prairie and other grassland communities
- It is grazed in summer and early falls

Influence on the Body:

- It protects against cavities
- It helps treat peptic ulcer

Traditional Uses:

- Reducing menopause symptoms
- Weight loss
- Excess blood sugar aid
- Skin condition aid

Possible Side Effects:

- Not fit for pregnant and breastfeeding women
- Bad interaction with certain drugs

American Mistletoe

Common Names: Eastern Mistletoe, Gui Américain, Gui de Chêne, Mistletoe, Muérdago Americano, Phoradendron Flavescens

Scientific Name: *Phoradendron Leucarpum*

Family: *Santalaceae*

Origin: Native to North America (New Mexico, Florida, Illinois)

About American Mistletoe:

The American mistletoe has been used since the early 1920s and is an important plant with

numerous uses. From the stem, leaf, fruit, and flower, every part of this plant is medicinal. The chemicals in the American mistletoe plant (*Phoradendron flavescens*) affect the muscles and are used for treating low blood pressure and constipation. While the American mistletoe is considered a great and healthy herb, it is always advisable to take the berries and leaves in small quantities to avoid complications.

Medicinal Parts:

- The flower
- The root
- The stem
- The leaves

Habitat & Foraging:

- American mistletoe grows on a host of trees like lime, blackthorns, willows, and apple
- This herb prefers open space with a lot of light

Influence on the Body:

- Constipation
- Low-blood pressure

Traditional Uses:

- Easy emptying of the system

Possible Side Effects:

Taking a lot of berries or leaves can lead to complications such as:

- Diarrhea
- Heart problems
- Vomiting
- Nausea

American Raspberry

Common Names: American Red Raspberry, Blackberry, Dewberry, Grayleaf Red Raspberry

Scientific Name: *Rubus Idaeus*

Family: *Rosaceae*

Origin: Native to Europe and introduced to North America

About American Raspberry:

The American raspberry, also known as *Rubus Strigosus*, is a species native to North America. It is found in different colors, and it packs a lot of nutrients that help lower blood pressure. This herb contains omega-3 fatty acids, which helps to prevent heart complications and even stroke.

With constant but healthy consumption, this herb helps keep the body healthy, protecting the skin and the bones. Each one of the American raspberries has distinctive tastes – according to the color – and to get all the nutrients from them, you can use them as toppings for cereals, muffins, and fruit salads. Countless recipes are designed to help you get the best out of your raspberries.

American Spikenard

Common Names: Small Spikenard, Indian Root, Life-of-Man, Petty Morel, Spice Berry, Spignet

Scientific Name: *Aralia Racemosa*

Family: *Araliaceae*

Origin: Native to Quebec and North America (Georgia, Missouri, Kansas)

About American Spikenard:

The American spikenard is a North American plant with a root that has thick and yellow branching rhizomes and a colored latex. Herbalists have used the root of the American spikenard as a medicine for any type of lung infection and disorder.

It is also taken directly on the skin to help treat numerous skin diseases. People tend to sweat out some of the things leading to these complications when they consume the American spikenard. This is a functional root plant that has been used for decades and is known for its effectiveness.

Arnica



Common Names: Wolf's Bane, Mountain Arnica, Mountain Tobacco and Leopard's Bane

Scientific Name: *Arnica Montana*

Family: *Asteraceae*

Origin: Native to North America (Alaska, Montana, Nevada, Oregon, Utah)

About Arnica:

Arnica is an herb that is commonly used for treating bruises. The leaves are also used to treat certain muscle-related conditions. It usually was administered orally and is applied in a gel-like manner. It has often been taken topically to help prevent overdosing on the drug.

The best way to take arnica is through homeopathic solutions. Let it dissolve slowly until it is completely diluted before ingesting it. It is bad for health to take the plant directly as it is.

Arnica is useful for pain management, and compared to other drugs; people do not get addicted to it.

Medicinal Parts:

- The flower
- The leaves

Habitat & Foraging:

- Arnica likes partial shade and grows in open woods of higher elevations
- This hairy flower blooms in the flowering season in central Europe, which is between May to August

Influence on the Body:

- It helps to reduce inflammation
- It helps bring down joint pains and swellings

Traditional Uses:

- Aches and pain relief
- A cure for bruises

Possible Side Effects:

- It can cause skin irritation if left on the affected surface for too long
- It can cause allergic reactions for hypersensitive people
- Not really advisable for pregnant women

Arrowwood



Common Names: Southern Arrowwood, Southern Arrowwood Viburnum

Scientific Name: *Viburnum Dentatum*

Family: *Adoxaceae*

Origin: Native to Canada and North America (Texas, Florida)

About Arrowwood:

The Arrowwood, also known as Arrowwood Viburnum is a native of Southern Minnesota and Georgia. Native Americans named it after the arrow shafts they used to make with its roots.

The fruit of this plant is taken either boiled or raw for the sweet flavor and stomach calming properties. The fruit of the arrowwood is small but works effectively in small doses, so you do not have to take too much. On the other hand, the stem of the arrowwood is applied on the swollen legs of women who have just given birth for fast relief.

Medicinal Parts:

- The fruit
- The stem

Habitat & Foraging:

- This herb grows on most soils
- It can be propagated using the seed, and while it can take some time to germinate – 18 months
- Propagation can take place between July and August

Influence on the Body:

- It is useful for calming pains in the body

Traditional Uses:

- The strong shoots were traditionally used for making arrow shafts

Possible Side Effects:

- None



Angelica

Binomial Name: *Angelica Atropurpurea*.

Habitat: Wet lowlands in the North-Eastern States.

Characteristics: Six feet tall plant with thick, purple stems. Leaves are large and divided into three to five minor, smaller, oval-shaped leaves. Flowers are grouped in umbels and are small and white. It is really similar to the hemlock but this one is poisonous so, to be sure of the identification, the best advice is to smell the roots or the seeds. If these have the typical angelica smell, almost like celery, then it is angelica. Another method for double-checking is to break a branch or a leaf and smell. If it smells like urine, then it is hemlock.

Parts to collect for medical purposes: Roots, leaves, flowers, seeds.

Preferred solvent: Boiling Water.

Main effect: Carminative, Expectorant, Diuretic, Emmenagogue.

Native American Use:

The application of the fresh root poultice on swollen joints or any kind of contusion from mild to severe had an anti-inflammatory and pain relief effect on the part treated.

The decoction was the preferred way for Natives to extract the phytochemicals and to use Angelica for healing purposes.

In detail, the decoction of leaves and flowers was used to cure all sorts of diseases: rheumatism, sore throats, fevers, ulcers, Urinary Tract Infections, and headaches. It was considered a panacea for every condition.

It is also a powerful carminative and helped with intestinal gas and a powerful anti-inflammation gargle in case of sore throat.

The raw consumption of leaves was used for its astringent characteristic to treat diarrhea. The same effect has been ascribed to the raw consumption of roots.

Seed decoctions were used to treat increased menstrual flow, in the case of hypermenorrhea.

In my opinion, the handiest way for Angelica assumption is by tinctures: the tincture of roots (dosage: 40 drops, three to four times a day) or seeds (dosage: 20 drops, three to four times a day) is beneficial in treating the condition listed above in a timesaving manner.

Other uses of Angelica in the Native American culture, besides the medical purpose, are related to religion (dried leaves and flowers were used to be smoked in the sacred pipe ceremony).

In addition, seeds were used as food for sustenance. You can create flour by grinding them and preparing bread or cakes, in many South American typical dishes. Leaves (raw and cooked) and roots (boiled) are edible too.



Arsemart

Binomial Name: *Persicaria hydropiper*.

Habitat: All over the United States, in wet environments.

Characteristics: Also known as Water Pepper or Marsh pepper Smartweed. This annual plant can grow up to 30 inches and likes wet environments such as marshes and alluvial meadows. Its taproot sinks into the ground up to 3 feet in general, so it is difficult to eradicate.

The green-reddish, smooth stems emerge straight from the ground with alternate, lance-shaped leaves covered with thin hair. The inflorescence is located at the top of the stem as a vertical cluster of small pink flowers. It blooms in summer. After the pollination, the plant produces a small, triangular black seed at the base of each dried flower.

Parts to collect for medical purposes: Whole plant.

Preferred solvent: Water, Alcohol.

Main effect: Diuretic, Diaphoretic, Tonic, Vermifuge, Analgesic.

Native American Use:

Poultice and juice of the herb were used on ulcers and swollen joints, both topically and internal due to its mild analgesic characteristics. For the same reason, the chewing of the root was used to treat toothache.

One of the most common uses was related to the treatment of parasite worms: the tea obtained from leaves and flowers is effective in the case of sepsis and intestinal worms. The recommended dosage is 1 teaspoon of the dried herb infused in 1 cup of boiling water for half an hour; the infusion must be drunk throughout the day two or three tablespoonfuls at the time. The topical application of drops of diluted tincture inside the ear was used to kill worms within.



Ashwagandha (Indian Ginseng)

Binomial Name: Withania Somnifera.

Habitat: This plant is not Native American but it is widely diffused and cultivated in India, Nepal and Pakistan and in some regions of the Mediterranean are.

Characteristics: This woody shrub plant can grow up to 2 feet and 7 inches. in shadowy but dry environments like deep forests. From the root, thin a single hairy stem emerges bearing many other sub-branches that depart radially. Leaves elliptic, dark green and 5 inches long. From the green, bell-shaped flowers, the red, round fruit evolves.

Parts to collect for medical purposes: Root (dried).

Preferred solvent: Water. Main effect: Sedative, Tonic, Stomachic, Antispasmodic.

Herbal Medicine Use: The tea obtained by mixing 1 teaspoon of powdered root in 1 cup of boiling water is effective in case of stomachache and indigestion. Another effect of it is related to the treatment of stress and anxiety. The recommended use of the above tea is one cup maximum, to be drunk three or four times throughout the day. Another use of the Ashwagandha is related to the poultice obtained from pounding the fresh leaves. This can be used as an antibiotic and anti-inflammatory remedy for topical application on wounds.

Warning: Due to its sedative characteristics, it may interact with the following drugs: Anticonvulsants, Antipsychotics, Benzodiazepine, Sedatives, Fenitnine, Antidepressive drugs.

Aspen



Common Names: Populus Tremula, Álamo Temblón, American Aspen, European Aspen, Quaking Aspen, Trembling Aspen, Zitter-Pappel, Peuplier Faux-Tremble, Populi Cortex, Populi Folium, Populus Tremuloides

Scientific Name: *Populus Tremuloides*

Family: Salicaceae (Willow family)

Origin: Native to Canada and Central America (Mexico)

About Aspen:

Aspen thrives in cool summers and overall cold regions – mostly high mountains and high plains, high altitude regions. Many people in North America refer to the aspen tree as the trembling or quaking aspen because of the way it quakes to the wind.

This tree is dominant in regions with other coniferous tree species and has continuously grown and adapted for a long time. Aspen does not thrive in well-shaded regions as the seeds find it difficult to grow and develop. One of the popular exterior uses of aspen bark is making paper and match sticks and other constructions when allowed to thrive and dry.

The bark and the leaves of aspen also have medicinal purposes like treating joint, nerve, and bladder challenges. It contains chemicals similar to what is found in aspirin, known as salicin, and this is known to help reduce inflammation.

Medicinal Parts:

- The bark
- The leaves

Habitat & Foraging:

- Aspen reproduces both by seeds and root and it germinates within a few days of planting

Influence on the Body:

- It helps treat rheumatoid arthritis
- It helps to manage nerve pain

Traditional Uses:

- It helps treat swellings that come from infections

Possible Side Effects:

- Skin reactions when you handle the leaves or bark

Balsam Fir

Common Names: Sapin Baumier

Scientific Name: *Abies Balsamea*

Family: *Pinaceae* – Pine family

Origin: Native to Canada and North America (Minnesota, West Virginia)

About Balsam Fir:

The balsam fir is a North American fir found in eastern and western Canada and the northeastern parts of the United States. This evergreen tree is usually medium-sized and with dark green leaves. These leaves are medium-sized with a narrow conic crown.

Balsam fir has been used for a long time now by Native Americans for therapeutic and medical purposes. Humans back then and even now take small quantities from the needles right off the tree. There are two varieties: the *Abies Balsamea* var. *Balsamea* and *Abies Balsamea* var. *Phanerolepis* and they are both used for numerous medical purposes. When applied directly to the skin, it kills germs instantly and also helps to treat hemorrhoids.

Natives used balsam fir to treat different types of burns and sores as well as for pain relief. Today it is a constituent of many ointments and creams because of the evident skin-soothing properties.

Balsam Poplar

Common Names: Bam, Bamtree, Tacamahac Poplar, Tacamahaca, Eastern Balsam-Poplar, Hackmatack

Scientific Name: *Populus Balsamifera*

Family: *Willow family*

Origin: Native to Canada and North America (Alaska)

About Balsam Poplar:

This is a tree species and a North American Hardwood which grows on floodplain sites where it attaches itself. It is a fast-growing tree that is generally short-lived except in special situations.

This tree has a sweet and strong fragrance that comes from sticky buds. The smell of this tree is profound to the point that it has been compared to the balsam fir tree.

The softwood of this tree is used for construction. The twig of this herb is also used by animals for food. Balsam poplar is good for the body for numerous reasons like cough, injuries, sunburns, and frostbites.

Balsamroot

Common Names: Arrowleaf Balsamroot

Scientific Name: *Balsamorhiza*

Family: Daisy family

Origin: Native to Canada and North America

About Balsamroot:

The balsamroot is a genus plant in the sunflower family. It has caudices and fleshy taproots with basal leaves and stems which are erect. The entire plant is nutritious and edible even though certain parts of the plant are bitter – with the parts under the plant more palatable than those on top of the ground.

This plant can easily be found on dry hillsides throughout the western mountains of North America. This root has antibacterial properties, which have medicinal properties. This plant is edible with roots that support the respiratory system, taking out respiratory challenges like colds and flu.

The leaves and roots are likewise helpful in relieving sores, burns, blisters, and other wounds. The roots have been used for headaches and fevers and relieving body pains and aches.

Barberry

Common Names: Common Barberry

Scientific Name: *Berberis*

Family: *Berberidaceae* – Barberry family

Origin: Native to Europe and introduced to North America

About Barberry:

The barberry is a plant native to North America and has been used for many years to settle skin complications, digestive issues, and infections. Barberry is packed with antioxidants and helps treat pimples, dental infections, and diabetes.

It is highly nutritious and rich in vitamins, fiber, and minerals. The consumption even goes as far as treating and managing cellular damages. It is straightforward to add to the diet as it has sweet flavors that make it easy to consume raw or even as a component of salads and other tasty dishes.

Black Cohosh



Common Names: *Actaea Racemosa* or *Cimicifuga Racemosa* Fairy Candle

Scientific Name: *Actaea Racemosa*

Family: *Ranunculaceae*

Origin: Native to North America (Ontario, Missouri, Georgia, Arkansas)

About Black Cohosh:

The black cohosh is a species of flowering plant that is a member of the Ranunculaceae family native to North America. It has been found to grow in woodland openings with the rhizomes and roots used for many medicinal purposes in the home.

One of the major uses of the black cohosh is its treatment of symptoms that come with menopause, and this has been in use since the early 1950s. It also helps with other conditions like lowering blood pressure, arthritis pains, and period regulation.

The root and underground stems of the black cohosh are extracted and consumed as powder and liquids. When extracted, it must be taken orally with a dosage of 0.4 milliliters as a liquid or 2 grams as liquid three times daily.

Medicinal Parts:

- The rhizome
- The roots

Habitat & Foraging:

- The black cohosh moist and rich soil, which contains high organic matter
- It is found in well-shaded areas which are well-drained

Influence on the Body:

- Curing menopause symptoms

Traditional Uses:

- Improving weak bones

Possible Side Effects:

It causes mild side effects like:

- Weight gain
- Headaches
- Possible weight gain

Black Walnut



Common Names: Persian Walnut, English Walnut, Carpathian Walnut, Madeira Walnut.

Scientific Name: *Juglans Nigra*

Family: *Juglandaceae*

Origin: Native to North America (Florida, South Dakota, Ontario)

About Black walnut:

Compared to the usual nuts we know; the black walnut is not grown in orchards. It rather grows in most Native American locations. It is rich in protein and contains a lot of other vitamins, minerals, and fiber. It contains many antioxidants that make the body healthy, preventing some of the worst complications to the immune system like diabetes and cancer.

The great thing about this is that it can easily be incorporated into the diet by adding it to other dishes for tasty and healthy diets.

Medicinal Parts:

- The nut

Habitat & Foraging:

- The black walnut grows in rivers and valleys as well as the base of the lower slopes of bluffs.

Influence on the Body:

- Reduces risks of diabetes, cancer and even heart complications

Traditional Uses:

- Beauty and radiance support
- Digestive support

Possible Side Effects:

- None

Blazing Star



Common Names: Button Snakeroot, Blazing Star, Gay-Feather Snakeroot, *Mentzelia Livicaulis*, *Mentzelia Laevicaulis*

Scientific Name: *Liatris*

Family: *Asteraceae*

Origin: Native to Canada and Mexico

About Blazing Star:

The blazing star is a perennial flowering herb that is a member of the sunflower family. This herb blooms fast and usually blooms in mid-summer. The blooming process of this plant starts with a new flower with other offshoots coming up after the first one, and this process lasts until early fall. The blazing star is a big target for numerous pollinating insects in North America.

This herb is also useful for us humans to relieve health challenges like earaches and headaches, making use of the Cheyenne. The root of the blazing star also helps with more complicated diseases like smallpox and measles. The leaves are also useful for treating stomach upset while used by others as antiseptic washes.

Medicinal Parts:

- The root

Habitat & Foraging:

- It thrives in Sunset's climate zones 14 through 24
- It is well-irrigated soil where trees grow well

Influence on the Body:

- It helps treat kidney disorders
- It helps to treat gonorrhea

Traditional Uses:

- It is used to improve blood flow

Possible Side Effects:

- Possible nausea

Bloodroot



Common Names: Bloodwort, Coon Root, Indian Plant, Sanguinaria, Sanguinaria Canadensis, Snakebite, Sweet Slumber, Red Puccoon, Red Root, Sang-Dragon, Sang de Dragon, Tetterwort, Indian Red Paint, Pauson, Red Indian Paint, Sanguinaire, Sanguinaire du Canada

Scientific Name: *Sanguinaria*

Family: *Papaveraceae*

Origin: Native to North America (Florida)

About Bloodroot:

Bloodroot is a helpful plant, and people make use of the underground stem to make medications. The medications made from the bloodroot are used to empty the bowel and cause people to vomit anything bad which has been ingested. It is versatile, helping you treat other challenges like sore throats, muscle and joint pains, and fever.

It is also used topically around wounds and cuts to improve healing properties and remove all the dead tissue from the affected area. In the early 1800s, bloodroot extracts were applied to the chests worn to help treat their breast tumors and other breast-related complications.

This was not all; a bloodroot was applied to the tooth to prevent the buildup of plaque. This leaves the tooth and the gums healthy and protected from any tooth-related diseases.

Medicinal Parts:

- The underground rhizome

Habitat & Foraging:

- Bloodroot thrives in rich soil under deciduous shrubs and trees

Influence on the Body:

- It helps to cause vomiting and emptying of the bowels
- It helps with the treatment of sore throats

Traditional Uses:

- Treatment of fever

Possible Side Effects:

- Nausea and vomiting
- Long term use is possibly unsafe

Blue Cohosh



Common Names: Squawroot, Blueberry Root, Caulophyllum, Papoose Root, Blue Ginseng, Yellow Ginseng

Scientific Name: *Caulophyllum Thalictroides*

Family: *Berberidaceae*

Origin: Native to North America (Missouri)

About Blue Cohosh:

The blue cohosh is a plant with a name derived from the Indian word *Algonquin* meaning "rough," and it points to the representation of the root, which is rough. This root is used for making medicine, but on its own, it is not safe. However, it is still available for use as a medication that is far better and safer than direct ingestion.

One of the major things with black cohosh is that it stimulates the uterus and makes it easy for women in labor to put to bed. It likewise helps calm menstruating women preventing some of the pains that come with menstruation, like muscle spasms.

It also helps to treat certain internal complications related to the infection of the internal organs and joints. The seed of the black cohosh can be roasted and taken as a drink, which is a much-preferred and healthy substitute to coffee.

Medicinal Parts:

- The rootstock with roots, collected in autumn

Habitat & Foraging:

- The blue cohosh thrives in a mixed hardwood forest

Influence on the Body:

- Sore throat treatments
- Treating uterus infections

Traditional Uses:

- It is used for stimulating labor

Possible Side Effects:

- When taken by mouth, it can lead to chest pains and stomach cramps

Blueberry



Common Names: Blue Huckleberry, High Blueberry, Swamp Blueberry, Tall Huckleberry, Swamp Huckleberry

Scientific Name: *Cyanococcus*

Family: *Ericaceae*

Origin: Native to North America

About Blueberry:

The blueberry is a perennial flowering shrub that produces blueberries. When used fresh, blueberries are taken as fruits, and they can be used as a great additive for cereals and other exciting meals in the home. It can be used in the production of homemade entities like juices and wine for personal enjoyment.

It contains many healthy nutrients like protein, fat, and water, all of which come in the right quantities. They contain the right amount of micronutrients like manganese Vitamin C and K, which is great for healthy living.

Medicinal Parts:

- The entire fruit

Habitat & Foraging:

- Blueberries can be found in rocky or sandy soil with a pH level of 4.5 to 5.5

Influence on the Body:

- Reduces the cholesterol in the body
- It helps to prevent heart complications

Traditional Uses:

- Preventing cataract and glaucoma

- Treating ulcers, urinary infections
- Chronic fatigue syndrome, colic, and fevers
- Improving varicose veins and circulation

Possible Side Effects:

It causes mild side effects like:

- Weight gain
- Headaches

Boneset



Common Names: Thoroughwort, Sweat Plant, and Feverwort

Scientific Name: *Eupatorium Perfoliatum*

Family: *Asteraceae*

Origin: Native to Canada and North America (Texas, Florida)

About Boneset:

This is a plant grown in warmer regions of the West Indies and even America. It has over 150 species, and some of them can grow in cold regions like Eastern America.

The flower has anti-inflammatory properties, which help reduce fever symptoms like constipation and vomiting as it likewise helps to increase your urine output. It is also useful for treating many other conditions like nasal inflammation, influenza, and swine flu.

Boneset has the same benefits as taking aspirin and even more. It keeps your muscles fit and strong, especially with the availability of protein in the boneset.

Medicinal Parts:

- The leaf
- The flower

Habitat & Foraging:

- Boneset thrives in floodplain forests and edges of rivers
- It prefers well-drained soils

Influence on the Body:

- It is used for reducing fever
- It helps to treat swine flu and influenza

Traditional Uses:

- Traditionally used for treating joint pains

Possible Side Effects:

- It can lead to diarrhea and vomiting when taken by mouth due to the pyrrolizidine alkaloids

Borage



Common Names: Beebread, Bugloss, Burrage

Scientific Name: *Borago Officinalis*

Family: *Boraginaceae Juss*

Origin: Native to the Mediterranean region and introduced to America

About Borage:

The borage is a plant with seed oils, flowers, and leaves used for numerous medical purposes. It is known as the starflower of North America and is known as the annual herb in the flowering plant family *Boraginaceae Juss*. This plant can easily be grown in your gardens, and it can likewise be commercially cultivated for the extraction of the borage seed oil. This plant also contains alkaloids that are carcinogenic and healthy.

The oil derived from the borage seeds is used to treat skin disorders like rashes, eczema, and other topical skin conditions. It can also be used for other inflammation-related internal conditions like pains and swellings. Likewise, it is added to infant formulas for added fatty acids, which is required for the development of preterm infants. Hormonal problems

The leaves and the flowers help with cough and even hormonal problems, which help to purify the blood. It can be eaten in salads and other tasty meals to get the best of the herb.

Medicinal Parts:

- The flower
- The leaves
- The seeds

Habitat & Foraging:

- Borage grows in pastures and woodlands but can likewise be cultivated in gardens

Influence on the Body:

- Preventing inflammation
- Treats coughs and fevers

Traditional Uses:

- It helps to dress and soften the skin

Possible Side Effects:

- It can be dangerous when taken in high quantities



Black Gum

Binomial Name: *Nyssa Sylvatica*.

Habitat: From the Eastern coast of the United States to East Texas, in wet environments.

Characteristics: This deciduous tree can grow up to eighty feet tall. The wide central trunk is covered by scaled and deeply indented brown-red bark. Many leafy brown-reddish branches depart from the central trunk in any direction. Leaves are alternate and lance-shaped with smooth edges. The yellow flowers are both male and female and grow in round clusters on elongated peduncles.

Parts to collect for medical purposes: Bark and roots.

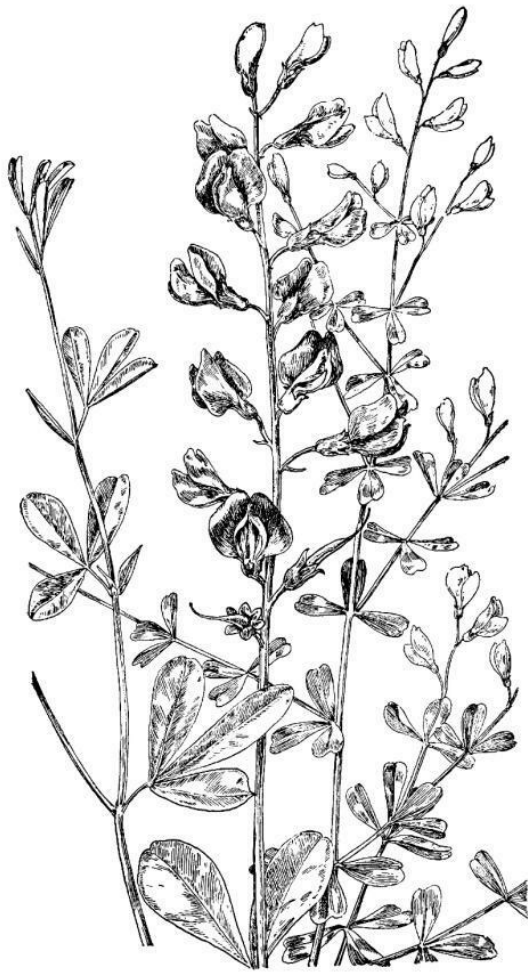
Preferred solvent: Boiling water.

Main effect: Diuretic, Diaphoretic, Expectorant, Sedative, Emmenagogue.

Native American Use:

The decoction obtained from black gum bark will help in the treatment of minor respiratory conditions. Bark decoction was also effective as a wash during a difficult childbirth.

Finally, the “jelly juice” of the root was used as an eyewash.



Blue False Indigo

Binomial Name: *Baptisia australis*.

Habitat: Diffused all over the Eastern to the Mid-western United States, at the sides of the forests and in the meadows.

Characteristics: This perennial plant can grow up to 5 feet. The pale green stem emerges straight from the central rhizome, with alternate leaves, composed of three obovate leaflets. Flowers bloom in June and are assembled in racemes. They resemble pea flowers and are blue/purple. Fruits resemble inflated peapods with a sharper point and bear yellow pod-like seeds inside.

Parts to collect for medical purposes: Roots.

Preferred solvent: Water.

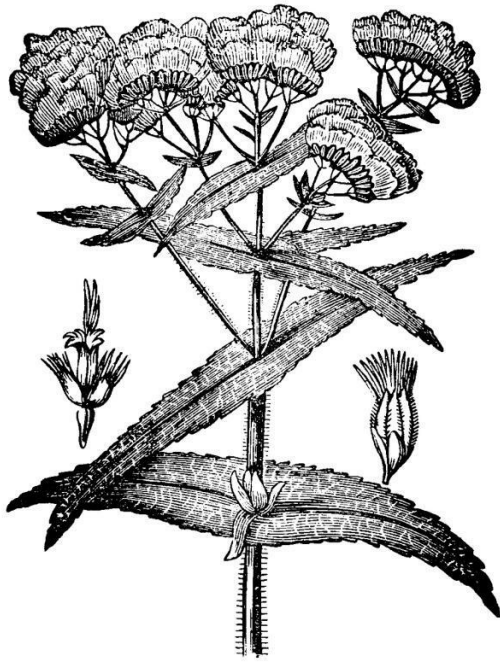
Main effect: Emetic, Purgative, Astringent.

Native American Use:

Natives used the tea obtained from the roots to treat nausea, diarrhea, and toothache or as a topical wash in case of conjunctivitis.

On the contrary, the raw consumption of the plant can cause vomit and nausea due to its mild toxicity.

Warning: Do not assume during pregnancy or lactation.



Boneset

Binomial Name: Epatorium Perfoliatum.

Habitat: All over the Eastern United States and Canada, in wet environments.

Characteristics: This perennial shrub can grow up to 5 feet tall. The stems that emerge from the ground bear opposite, long, pointed leaves with toothed margins. It almost seems as the stem pierces one wide big leaf. The white-pinkish flowers are grouped in clusters at the top of the stems.

Parts to collect for medical purposes: Leaves and flowers.

Preferred solvent: Water, Alcohol.

Main effect: Febrifuge, Diaphoretic, Carminative.

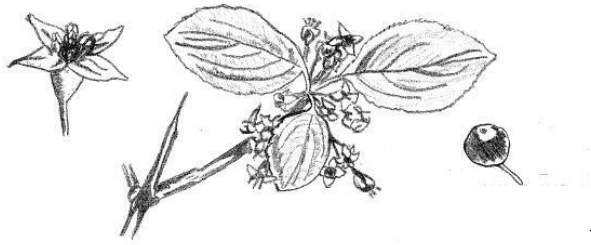
Native American Use:

Native Americans used boneset leaves and flowers in many medical preparations. For example, the tea obtained from the infusion of dried leaves was considered a powerful febrifuge and was used also in the treatment of most severe diseases such as malaria, pneumonia, arthritis, and gout.

Talking about gout and arthritis it is important to report also the topical application of the poultice obtained by pounding of fresh leaves and flowers, as a topical anti-inflammatory treatment on swollen joints and other contusive traumas to the joints.

The double infusion of the roots was used as an emetic in case of food poisoning and to cure sore throat with gargling.

Warning: if taken in big quantities it may cause vomit and can cause liver damages.



Buckthorn (Cascara Sagrada)

Binomial Name: *Rhamnus Cathartica* or *Purshiana*.

Habitat: *R. Cathartica* can be found on Lake Michigan shores while *R. Purshiana* is diffused in the North-West of the North-American continent.

Characteristics: These bushes are small and densely populated by leaves and berries. The branches have a gray-brown bark, with white lenticels and are full of thin, oval-shaped, and green-white leaves. Flowers are small, white, and grouped in very dense clusters. Fruits are round and yellow/orange when mature, with three small seeds inside.

Parts to collect for medical purposes: Bark and root.

Preferred solvent: Boiling water, Alcohol.

Main effect: Purgative, Emetic, Vermifuge.

Native American Use:

Ojibway used to prepare the buckthorn bark infusion to stimulate bowel movement and to remove intestinal worm infestation. The plant was renowned to be mildly toxic and the decoction of young branches and fruits was used as an emetic to treat food poisoning.

Native Americans' protocol to collect the barks was based on the natural cycle of the plant. They collected the bark between the end of spring and the beginning of summer when it is softer and easier to remove. Then they dried it for at least one year, in a shaded place to preserve it and concentrate its healing properties.

Warning: The bark decoction must never be used to remove an intestinal occlusion. Moreover, continuous use is not advised because buckthorn is carcinogenic if assumed constantly.

Buckthorn



Common Names: European Buckthorn, Common Buckthorn, Purging Buckthorn

Scientific Name: *Rhamnus Cathartica*

Family: *Rhamnaceae*

Origin: Native to Europe and introduced to America

About Buckthorn:

Buckthorn contains Vitamins, minerals, and amino acids that are useful for healthy living. The leaves, flowers, seeds, and berries of the buckthorn make oils and teas healthy for many medical complications. It has antioxidant properties, which help to cleanse the body and remove any free radicals in the blood.

This helps treat intestinal problems, regulate overall blood pressure, and prevent any heart challenges meaning improved immune functions. It is also applied topically as sunscreen or as a cosmetic for keeping the skin healthy.

Medicinal Parts:

- The leaves
- The flowers
- The berries
- The seed

Habitat & Foraging:

- The buckthorn grows in upland forested habitats but can likewise thrive in

- grasslands
- Buckthorn grows from May over to June and then matures from July through September

Influence on the Body:

- Combats stomach upsets
- Prevents heart diseases
- Improves blood cholesterol

Traditional Uses:

- Treats obesity
- Improves dry eyesight

Possible Side Effects:

- None

Burdocks

Common Names: Great Bur, Edible Burdock, Fructus Arctii, Great Burdocks, Lappa, Bardana, Beggar's Buttons, Clotbur, and Niu Bang Zi

Scientific Name: *Arctium*

Family: *Daisy family*

Origin: Native to Europe and introduced to North America

About Burdocks:

Burdock is a weed-covered in spores that can grow up to 4 feet tall. It is a genus plant that is part of the daisy flower, and it holds a lot of health benefits.

This plant is native to North America but is found in various locations of the world. The root, leaves, and seeds of the burdock plant are used as medicine, but the root is sometimes consumed. It works as medicine because of the availability of chemicals that have high activities against inflammation and bacteria.

Medicinal Parts:

- The leaves
- The flowers
- The stalks
- The roots

Habitat & Foraging:

- It grows in plain pastures and fields

Influence on the Body:

- It is used in the treatment of colds
- It helps to soothe joint pains

Traditional Uses:

- It helps to treat skin conditions like psoriasis
- It helps to reduce syphilis

Possible Side Effects:

- None

Cat's Claw

Common Names: Uña de Gato

Scientific Name: *Uncaria Tomentosa*

Family: *Madder family*

Origin: Native to Central America (Mexico)

About Cat's Claw:

Cat's claw (*Uncaria Tomentosa*) is a tropical vine found in the tropical areas of North America, and it gets its name from outlook, which looks like the claws of a cat. For a long time now, the bark and the roots of the cat's claw have been used for making traditional medicine that helps to tackle medical conditions like infections and inflammations.

When it comes to consumption, it can be taken as tea, powder, capsule, or liquid extracts – not by direct ingestion. Some of the major health benefits are immune-boosting properties, relief from symptoms of osteoarthritis, and relief from rheumatoid arthritis.

Medicinal Parts:

Cattail

Common Names: Common Bulrush, Common Cattail, Bulrush, Cat-o'-Nine-Tails, Great Reedmace, Cooper's Reed, Cumbungi

Scientific Name: *Typha Latifolia*

Family: *Typhaceae*

Origin: Native to Canada and North America (New Hampshire, Vermont, Pennsylvania, Indiana)

About Cattail:

Cattail, also known as "the plant with many uses," is one with various uses ranging from its ability to heal boils, sores, and other conditions like anemia. One of the most prominent properties is the antiseptic property which has been useful for many generations.

There is a jelly-like substance inside the leaves of the cattail, and this can be used on the skin to protect it from external pathogens and help the skin heal faster from wounds, relieving inflammation and the pains thereof. The cattail contains numerous vitamins and minerals like potassium, phosphorus, and Vitamin A, B, C.

Chaparral



Common Names: Creosote Bush and Greasewood

Scientific Name: *Larrea Divaricata* and *Larrea Tridentata*

Family: *Zygophyllaceae*

Origin: Native to North America (Oregon, California, Alaska)

About Chaparral:

Chaparral, also known as greasewood, is a plant native to North America. This herb is a desert shrub that has bright yellow flowers and thick green leaves. This herb is a very controversial one, and while it is found and planted in America, it is banned in certain countries like Canada.

It has antioxidants and is used for curing several diseases like the common cold, tuberculosis, and even skin conditions. However, there needs to be proper regulation when it comes to dosage because if it is not taken the right way, it can lead to disorders in the liver, which people need to avoid at all costs.

Medicinal Parts:

- The leaves

Habitat & Foraging:

- This a coastal biome that functions in hot, dry summers and even rainy winters

Influence on the Body:

- Tuberculosis
- Common cold
- Complicated skin conditions

Traditional Uses:

- Stomach pains
- Snakebite pains

Possible Side Effects:

- Not to be taken by mouth to prevent damages to the kidney and liver.

Chicory



Common Names: Wild Endive, Blue Daisy, Blue Weed, Bunk, Coffee Weed, Cornflower, Hendibeh, Blue Dandelion, Blue Sailors, Horsetweed, Ragged Sailors, Succory, and Wild Bachelor's Buttons

Scientific Name: *Cichorium Intybus*

Family: *Asteraceae*

Origin: Native to Europe and introduced to North America

About Chicory:

Chicory is a root fiber that comes from a bright blue flower from the dandelion family. Native to North America and enjoyed for many years now, this root fiber is known for its medicinal properties and common use as a coffee alternative. The root has fiber which is extracted for use as a supplement or a food additive.

It contains insulin that inspires healthy gut bacteria growth, relieves constipation, increases stool frequency, and likewise helps to improve blood sugar control. One of the major things it was used for back in the days was weight loss as it helped curb the intake of calories and reduce appetite.

Medicinal Parts:

- The root
- The leaves

Habitat & Foraging:

- Chicory grows in fields and waste areas

Influence on the Body:

- Stomach upsets

- Constipation
- Gall bladder disorders

Traditional Uses:

- It was traditionally used for treating cuts, bruises, and sinus problems

Possible Side Effects:

- When taken by mouth, it causes gas bloating, belching, and abdominal pains

Cranberry



Common Names: Green: American Cranberry, Common Cranberry, Orange: Small Cranberry

Scientific Name: *Vaccinium Subg. Oxycoccus*

Family: *Heaths*

Origin: Native to North America (Maine, Wisconsin, North Carolina)

About Cranberry:

The cranberry is a member of the heather family related to other popular berries like blueberries. The most common species of cranberry is the North American cranberry, and it has a sharp sour taste which makes it something people hardly consume raw.

It is usually blended and taken as a juice where it can be blended with other juices for a better taste. It is rich in vitamins, minerals, and plant compounds which have been effective against infections to the urinary tract. The overall health benefit of this berry is amazing, and constant consumption helps to keep the heart healthy. It is to be taken in regulated quantities to prevent stomach upsets and diarrhea.

Medicinal Parts:

- The entire berry

Habitat & Foraging:

- Cranberries are grown in open bogs, swamps, and lakeside

Influence on the Body:

- It improves your immune functions
- It helps to prevent urinary tract infection

Traditional Uses:

- It is traditionally used for preventing kidney stones and bladder gravel

Possible Side Effects:

- It causes stomach upsets when taken in high doses



Corn

Binomial Name: *Zea mays*

Habitat: Diffused all over the North-Eastern and the Central United States and in the whole Central and South American continent.

Characteristics: Corn belongs to the Poaceae family. It is one of the most ancient cereals cultivated by men. Corn is a six to nine feet long, spear-shaped, plant that produces two types of flowers. The lower ones are female and are widely known as the corncobs; the ones on top of the plant are the male ones.

Parts to collect for medical purposes: Green pistils, Cornsilk.

Preferred solvent: Diluted alcohol.

Main effect: Diuretic, Emollient.

Native American Use:

Besides its well-known uses as food, corn was used also as a medical plant. The decoction of the green pistils, known as “young silk” was impressively effective in treating urethra and kidney problems such as kidney stones and urinary tract infections.

Another use of the young corn silk is related to its tincture. This was obtained by the maceration of minced fresh silk with a 50% alcohol solution. The recommended weight ratio between herbs and the 50% Alcohol solution is 1:2 and the recommended soaking time is two weeks in a shaded place.

Twenty drops of this tincture, in combination with twenty drops of Damiana tincture, after the main meals, are a panacea against any Urinary Tract Infections.



Cow Parsnip

Binomial Name: *Heracleum Maximum*.

Habitat: Diffused all over the North-American continent, both in the United States and in Canada, in the inland regions.

Characteristics: This perennial plant can reach six to eight feet tall. It has various vertical, hollow, and hairy stems that pop up from the ground, with opposite and large leaves, divided in pointy lobes. The small white flowers are grouped in umbels, the same as other Apiaceae.

Parts to collect for medical purposes: The whole plant.

Preferred solvent: Boiling water.

Effects: Anti-inflammatory.

Native American Use:

Besides the raw consumption of stems and leaves for food, the medical use of this plant among Native American tribes is widely documented. Fundamental, before any use of this plant, is the removal of the outer skin from the stem to reduce to a tolerable level of toxicity.

Natives used the poultice of the plant for direct topical application on skin inflammation problems such as eczemas and rash. Also, the poultice of roots was effective to reduce swellings, especially on the feet.

Natives also used this plant in combination with the ashes of a campfire as a filter to purify water. By putting a piece of burned wood inside the hollow stem and using it as a straw, water

was filtered by the graphite and was less subject to cause intestinal problems.

Warning: Due to the high toxicity levels, the use of this plant is not advised in any case, especially during pregnancy or lactation. Many substitutes and preparations are available in any herbal apothecary.



Cranberry

Binomial Name: *Vaccinium Oxycoccus*

Habitat: North of the US, in wet environments

Characteristics: This small, evergreen plant is located at the base of the forests' ground. It can grow up to 15 inches tall at maximum. The woody branches have smooth, dark brown, bark. The flowers are often solitary located at the end of the branches. They are white-pinkish, and bell-shapes with petals curled inward. Fruits are round and deep red.

Parts to collect for medical purposes: Bark, fruits.

Preferred solvent: Water, Diluted alcohol.

Main effect: Diuretic, Astringent, Tonic.

Native American Use:

The Natives used the medical properties of cranberries in the treatment of Urinary Tract Infections. This use is still actual nowadays in the case of cystitis and kidney stones.

To absolve to the purpose the berries were consumed raw, juiced, or, if they were only available in dried condition, as a tea. The cranberries have been scientifically proven to low the pH of the urine, thus promoting the dissolution of the sodium accumulations known as kidney stones and reducing the growth of bacterial infection in it that could cause UTIs.

The tea obtained with barks instead of dried berries, was extremely effective in treating menstrual pain and dysmenorrhea and was used also as a topical wash for infected wounds and skin ulcers because, due to its astringent properties, it promoted the formation of scarring tissue.

Damiana



Common Names: Mexican Holly, Mexican Damiana, Old Woman's Broom

Scientific Name: *Turnera Diffusa*.

Family: *Passifloraceae* (Turneraceae)

Origin: Native to North and Central America (Texas, Mexico)

About Damiana:

Damiana (*Turnera Aphrodisiaca*) is a wild shrub native to America and the Caribbean. It is an herb with medicinal properties, and one of the Medicinal Parts: is the dried leaves with aphrodisiac effects. It is also used for treating constipation, asthma, depression, and headaches.

Even though damiana has been hailed for its medicinal properties in the past, it is also great for treating other diseases like poor sexual functions for men and women and suppressing appetite leading to effective weight loss.

Even with all the numerous benefits, the damiana is bad for breastfeeding and pregnant women. Also, when making use of certain medications, it might have unwanted reactions, which is why you need to consult your physician.

Medicinal Parts:

- The leaf
- The stem

Habitat & Foraging:

- The damiana grows in semiarid high elevation regions

Influence on the Body:

- It is used for treating constipation, depression, and bedwetting

Traditional Uses:

- It was traditionally used for treating sexual desires and headaches as well

Possible Side Effects:

- Convulsion
- Insomnia
- Headaches

Echinacea



Common Names: Black Samson, Black Samson Echinacea, Narrow-Leaf Coneflower

Scientific Name: *Echinacea purpurea*

Family: Daisy family

Origin: Native to North America (North and South Dakota, Nebraska, Kansas, Texas, Arkansas)

About Echinacea:

This is one of the most popular herbs globally, and it is also known as purple coneflower. Native Americans loved this plant, and it was used for numerous ailments. Today, many companies have taken hold of the echinacea and have turned it into over-the-counter herbs for the flu and the common cold.

The upper section and the echinacea roots are useful for herbal supplements, and they are even extracted and used in teas, tablets, and tinctures. It is high in antioxidants such as Rosmarinic acid, flavonoids, and Cichoric acid, and it helps the immune system fight oxidative stress.

Medicinal Parts:

- The flower
- The root
- The stem
- The root

Habitat & Foraging:

- The echinacea grows in open wooded areas and moist dry pantries

Influence on the Body:

- The echinacea boosts the immune system and helps fight bacteria and viruses

Traditional Uses:

- It is traditionally used for the treatment of common cold and respiratory infections

Possible Side Effects:

- Dizziness
- Abdominal pains

Elderberries



Common Names: European Elderberry, Black Elder, European Elder, and European Black Elderberry

Scientific Name: *Sambucus*

Family: *Moschatel family*

Origin: Native to Europe and naturalized in North America

About Elderberries:

This is a genus of flowering plants in the Adoxaceae family. It is one of the most used medicinal plants globally, with ancient Americans and Egyptians using it to heal skin burns and tone their skins. When the Europeans came in contact with the Americans, it was used for folk medicine which is still in use today as supplements for treating flu and other symptoms with cold.

While it has numerous benefits, the berries, leaves, and barks can be poisonous when taken raw, leading to many health complications and stomach upsets.

Medicinal Parts:

- The flowers
- The leaves
- The bark
- The berries

Habitat & Foraging:

- This is a genus flowering plant that grows in wild prairies and open wooded areas

Influence on the Body:

This flowering plant is packed with vitamins and antioxidants, which help with the following:

- Protect the heart
- Reduce stress levels

Traditional Uses:

- This flowering plant was used to prevent cold and ease up symptoms of a cold

Possible Side Effects:

- It causes stomach upsets when taken in large quantities

Goldenrod



Common Names: Tall Goldenrod, Late Goldenrod, Canadian Goldenrod, Canada Goldenrod.

Scientific Name: *Solidago*

Family: *Asteraceae* - Daisy family

Origin: Native to North America

About Goldenrod:

Goldenrod (*Solidago Canadensis*) is a flowering plant popular in folk medicine. The parts above the ground are the ones that have medicinal properties. In Native American medicine, the goldenrod has been linked to numerous health benefits treating the following complications: diabetes, asthma, arthritis, and tuberculosis.

The goldenrod has other numerous health benefits like reducing inflammation, fighting infections, and has diuretic properties. It is also used to prevent kidney stones, and this is great compared to the procedure you have to face if you eventually have it.

Medicinal Parts:

- The flowers
- The leaves

Habitat & Foraging:

- This is an open land species that grows well in dry soils, savanna, and woodlands

Influence on the Body:

- It helps to improve urine flow
- It helps to stop muscle spasm
- It helps to treat eczema and other skin conditions

Traditional Uses:

- It was traditionally used for treating all sorts of pains and swellings

Possible Side Effects:

- Possible interactions with other drugs

Goldenseal



Common Names: Golden Root, Ground Raspberry, Berberine, Eye Balm, Eye Root

Scientific Name: *Hydrastis Canadensis*

Family: *Ranunculaceae*

Origin: Native to Canada and North America (Arkansas, Alabama, Kansas, Nebraska, Minnesota, North Dakota)

About Goldenseal:

Goldenseal (*Hydrastis Canadensis*) is a North American perennial plant with roots and leaves used to treat numerous health conditions related to inflammations or any swellings. It is one of the most popular herbs globally, useful for treating colds, skin problems, and even hay fever.

It works this way because the leaves and roots contain alkaloids, like hydrastine and berberine being in higher concentrations. Consuming the alkaloids supply your body with anti-inflammatory properties, which helps combat the common cold and urinary or yeast infections. It also helps to improve oral health and reduces acne on your skin as well.

Medicinal Parts:

- The root
- The rhizome

Habitat & Foraging:

- This herb grows well in moist and rich forests with adequate sunlight

Influence on the Body:

- Painful and heavy periods
- Indigestion
- Inflammatory disorders
- Sinus infection
- Skin disorders

Traditional Uses:

- The goldenseal was traditionally used as a mouthwash for treating canker sores and treating skin and eye infections

Possible Side Effects:

- Nervousness
- Nausea and vomiting

Gravel Root



Common Names: Trumpet Weed, Hemp Weed, Joe-Pye Weed

Scientific Name: *Eutrochium Purpureum*

Family: Asteraceae - Daisy family

Origin: Native to Canada and North America (Montana, Oregon, Wyoming, Florida)

About Gravel Root:

The gravel root is a plant used for making medicine. All the parts are medicinal, and this is why it was popular with Native Americans. Gravel root is useful for urinary tract problems and such as kidney stones. It also helps to prevent infections to the bladder and prostate.

Traditionally, Native Americans used gravel roots to treat pains related to arthritis. It also helped people feel well recovering from malaria and fever. It also helps reduce the acid in the stomach and other stomach conditions. This herb contains hepatotoxic pyrrolizidine alkaloids that can sometimes block blood flow if taken in high quantities.

Medicinal Parts:

- The bulb
- The root

Habitat & Foraging:

- The gravel root grows well in swampy areas and woodlands in the sun or shady areas

Influence on the Body:

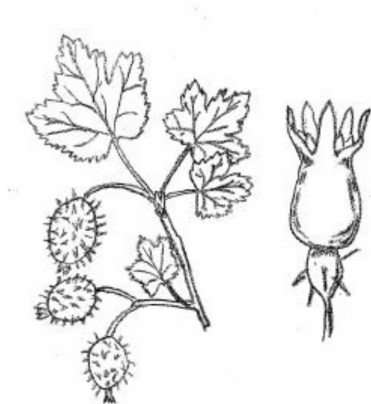
- Arthritis
- Gout

Traditional Uses:

- It was traditionally used as a stimulant and tonic for reducing stomach acid

Possible Side Effects:

- It should not be taken directly by mouth as it may damage the liver and lungs



Gooseberry

Binomial Name: Ribes Uva Crispa

Habitat: In the forests of the Middle and Eastern parts of the North American continent. Both in the United States and Canada.

Characteristics: This many-branched perennial shrub can grow up to 4 feet tall and spread widely in forests on low ground. Branches can both have or have not thorns on the same plant and are densely populated by three to five-lobed, palmate leaves. The green-whitish flowers are small, tubular, and grouped in clusters. After the pollination, they develop into round, red, and spiky fruits with many red-brown seeds inside.

Parts to collect for medical purposes: Fruits and roots.

Preferred solvent: Water, Alcohol.

Native American Use:

Besides the raw consumption of fruits, Native Americans used the plant for medical purposes. In fact, the tea obtained by the dried fruits was gargles to soothe sore throats.

Also, the decoction of roots was used as a wash for eye inflammation or drunk directly, due to its vermifuge characteristics, to treat intestinal worms. Finally, the poultice of fruits and leaves was used to cure skin inflammation due to its emollient feature. It was believed that it cured snakebites because snakes were frightened by the plant.

Hawthorn



Common Names: One-Seed Hawthorn, Whitethorn, Quickthorn, Common Hawthorn, Hawthorn, May tree

Scientific Name: *Crataegus Monogyna*

Family: *Rosaceae*

Origin: Native to North America

About Hawthorn:

Hawthorn is a super self-reliant tree that grows practically anywhere. The flowers, leaves, and berries all have medicinal properties.

Hawthorn is a plant that helps to combat heart and blood vessel diseases like chest pains, congestive heart failure, and irregular heartbeats. It also helps treat blood pressure conditions – high and low blood pressure – high cholesterol, and atherosclerosis.

Hawthorn is also useful for digestive conditions like stomach pains, indigestion, and diarrhea. It also helps to reduce anxiety and even menstrual pains.

Medicinal Parts:

- The leaves
- The berries
- The flowers

Habitat & Foraging:

- Hawthorns grow well in large and dense thickets

Influence on the Body:

- It helps to lower blood pressure
- It helps to reduce anxiety
- It is used to treat heart complications

Traditional Uses:

- This herb was traditionally used to treat low blood pressure

Possible Side Effects:

- Dizziness
- Fatigue

Horse Chestnut



Common Names: Conker Tree, European Horse-Chestnut, Buckeye

Scientific Name: *Aesculus Hippocastanum*

Family: *Sapindaceae*

Origin: Native Europe and introduced to North America

About Horse Chestnut:

Horse Chestnut, or (*Aesculus Hippocastanum*), is an herb native to North America and found in various parts of Europe. The horse chestnut has seeds that can be extracted and used as dietary supplements to reduce inflammation and improve heart health. It has an active component known as *aescin*, which helps relieve hemorrhoids and even improve male fertility.

The horse chestnut is safe for use, but there are some side effects which you would experience, such as dizziness, itching, and even headaches. This is not a cause for concern; rather, it is a sign that it is working, and with time, the symptoms would subside.

Medicinal Parts:

- The poultices of the seed
- The leaves

Habitat & Foraging:

- This tree thrives in virtually every soil type but prefers moist and well-drained soils

Influence on the Body:

- It helps to treat varicose veins
- It has anti-inflammatory properties
- It helps to relieve hemorrhoids

Traditional Uses:

- It was traditionally used for treating male infertility

Possible Side Effects:

- Dizziness

- Itching
- Headaches
- Stomach upsets

Horsemint



Common Names: Oswego Tea, Bergamot, Bee Balm

Scientific Name: *Nepetoideae*

Family: *Lamiaceae*

Origin: Native to Mexico and North America(Virginia, North Carolina, South Carolina)

About Horsemint:

Horsemint is a bitter plant that tastes and smells like thyme. It has many medicinal properties, so it is taken to combat numerous digestive problems, with gas being a major concern.

Traditionally, women take horsemint to help them enjoy their periods and tackle painful periods as well. Horsemint is not to be used by pregnant and nursing mothers to prevent unwanted reactions with the baby.

Medicinal Parts:

- The leaves
- The stem

Habitat & Foraging:

- It grows well in sandy and dry soils near the coastal plains

Influence on the Body:

- It helps to treat digestive problems
- It helps to treat painful periods

Traditional Uses:

- Traditionally used for treating diarrhea, stomach problems, and nausea

Possible Side Effects:

- Possible interactions with other drugs



Honeysuckle

Binomial Name: *Lonicera Japonica*.

Habitat: Diffused all over the United States and Canada. Being invasive, it is widely diffused at the edges of forests and streams.

Characteristics: This small plant is a climbing vine. The leaves that populate the green-reddish branches are oblong and lance-shaped. Flowers have the shape of white or red trumpets, depending on the species with many protruding white/yellow stamens. Fruit obtained after the pollination is round and black.

Parts to collect for medical purposes: The whole plant.

Preferred solvent: Boiling water, Alcohol.

Effects: Febrifuge, Astringent, Antimicrobial.

Native American Use: Native Americans used the tea obtained from flowers to treat diarrhea and fever, due to its astringent qualities. The said tea was used also as a gargle in the treatment of sore throat and laryngitis and as a topical wash to soothe common skin ailments like eczema and rash. Finally, the bark tea was used in the treatment of Urinary Tract Infections and as a lenitive for the symptoms of gonorrhea and other Sexual Transmitted Diseases such as syphilis.



Hops

Binomial Name: *Humulus lupulus*.

Habitat: Diffused in the inland zone of North West of the United States and South West of Canada.

Characteristics: This climbing perennial is the main aromatic ingredient in the preparation of beer. The climbing green stems are densely populated by opposite leaves, with three to five lobes with serrated edges. The female flowers are small and made of numerous florets, while the male ones are small and yellow. Female flowers evolve into fruits (strobili) with conical shapes and gray-yellowish in color.

Parts to collect for medical purposes: Female flowers.

Preferred solvent: Boiling water, Diluted Alcohol.

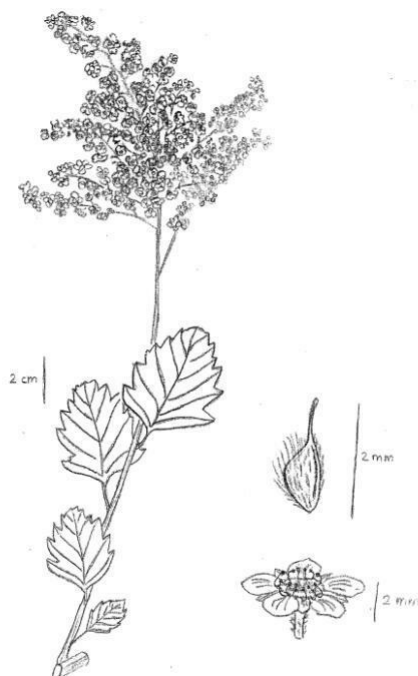
Effects: Diuretic, Nervine, Sedative, Febrifuge.

Native American Use:

Native Americans' medical use of hops is not widely documented. The common herbal practice advises using the tea obtained with the dried cones to reduce fever and calm nerves.

It is renowned for the use of leaves during the sweat lodge ceremony.

Warning: Hops may cause allergy.



Ironwood (Ocean Spray, Creambush)

Binomial Name: *Holodiscus discolor*

Habitat: Widely diffused throughout the Pacific Coast of the United States (especially in California) and Canada. The plant can grow in various habitats, from the coastal moist environments to dry mountain ones.

Characteristics: This shrub can be three to five feet tall. It has small, alternate leaves, lance-shaped, and serrated margins. From May to July, white clusters of white, sweet-scented flowers droop down from the edge of the branches. Fruits are small and covered by hair.

Parts to collect for medical purposes: Flowers and leaves.

Preferred solvent: Water.

Effects: Astringent.

Native American Use:

The Lummi tribe, who inhabited the Northern part of the Washington State, near Bellingham, used the decoction of flowers to stop diarrhea.

British Columbia Natives used attributed to the decoction of berries for the same purpose, along with using it as a wash in case of smallpox and chickenpox among children.

Finally, the poultice of leaves was used to treat wounds and burns.

Indian Tobacco



Common Names: Puke Weed

Scientific Name: *Lobelia Inflata*

Family: *Campanulaceae* – Bellflower family

Origin: Native to South Canada and North America (Alabama, Kansas)

About Indian Tobacco:

Indian Tobacco (*Lobelia Inflata*) is a plant used in homeopathic medicine as it helps extract and remove mucus from the respiratory tract and solve respiratory challenges. Some individuals use Lobelia to help them quit smoking because it soothes the muscles and calms the nerves.

When Lobelia is taken internally, it helps prevent and treat health problems like depression, cough, asthma, and alcohol disorders. When applied topically, Lobelia helps treat muscle or spasm pains, insect bites, bruises, and even ringworms. Although there are limited scientific backings to Indian tobacco, many ancient empires and Native Americans used it to good effect, and it is still in use today.

Medicinal Parts:

- The above-ground parts

Habitat & Foraging:

- The Indian tobacco grows in open woods, roadsides, and wide fields

Influence on the Body:

- Asthma
- Cold
- Pneumonia
- Bronchitis

Traditional Uses:

- This was traditionally used for counteracting sicknesses caused by witchcraft

Possible Side Effects:

- Nausea
- Vomiting
- Tremors

Larch



Common Names: Hackmatack, Eastern Larch, Red Larch, Tamarack Larch, American Larch

Scientific Name: *Larix*

Family: *Pinaceae*

Origin: Native to Canada and Alaska

About Larch:

Larch is a conifer in the genus *Larix* and of the family Pinaceae, which grows up to about 40 meters long. They grow better in cooler temperatures of the northern hemisphere on the high mountains further south. It is used for treating the common cold, flu, ear infections, and other health conditions.

It contains fibers that ferment in the intestine, which causes the intestinal bacteria to increase, and this helps to improve your digestive health. It also helps boost immune functions, preventing cancer in the body and liver, allowing them to function well at full capacity.

Medicinal Parts:

- The bark
- The resin
- The shoots
- The needles

Habitat & Foraging:

- This is a forest tree that requires a fairly humid climate and a cool temperature

Influence on the Body:

Asides from treating problems with digestion, it helps with the following health conditions:

- Ear conditions
- Common cold
- Asthma

- High cholesterol

Traditional Uses:

- Menominee tribe used larch to treat burns

Possible Side Effects:

- Simple bloating
- Intestinal gas

Life Root



Common Names: Cocash Weed, Squaw Weed, False Valerian, Female Regulator, Groundsel

Scientific Name: *Senecio Aureus*

Family: Daisy family

Origin: Native to North America (Florida, Texas, Oklahoma)

About Life Root:

Life root (*Senecio Aureus*) is common in most parts of the world today. It is found mostly in the eastern states of North America. Life root stimulates the pelvic organs relieving inflammation by removing the pressure from the rectum, perineum, and bladder.

It is completely safe for treating gynecological disorders like excess menstruation, painful menstruation, and other problems related to the pelvic organ. When consumed as a tincture, you can add ten drops of water three to four times daily. It is toxic in doses higher than what we have described above.

Medicinal Parts:

- The root
- The herb

Habitat & Foraging:

- It grows in various parts of the earth and flowers in May and June

Influence on the Body:

It helps with the treatment of gynecological disorders like:

- Painful menstruation
- Excess menstruation
- Excessive mucous secretion

Traditional Uses:

- It was traditionally used as a household remedy for women

Possible Side Effects:

- None



Lemon Balm

Binomial Name: *Melissa Officinalis*.

Habitat: Diffused in gardens and meadows all over the United States and Canada.

Characteristics: This perennial, low-lying plant reaches roughly three inches tall. It grows from the ground in many stems widely populated with oval-shaped, bright green leaves with serrated margins. Flowers are small, tubular, and white. The main characteristic of this plant is the intense fragrance of lemon that emanates from leaves and flowers, hence the name.

Effects: Carminative, Febrifuge, Analgesic.

Parts to collect for medical purposes: Leaves, Flowers, and Stems.

Preferred solvent: Boiling water, Alcohol.

Native American Use:

Native Americans used the tea prepared with the aerial parts of the plant for its many benefits. The carminative qualities of lemon balm helped with intestinal gas. Moreover, the analgesic effect of it was used to calm nerves and, in combination with the anticonvulsant substances contained in it, helped to treat menstrual cramps. Finally, the diaphoretic substances inside of it induce sweat and promote cleansing of the body and a lowering of body temperature in case of excessive fever.

This plant is perfect for the black thumbs because it is very infesting and rather inextirpable. It covers all the ground it can so its cultivation is advised in pots inside your home. The traditional harvesting period of lemon balm is spring for leaves and summer for flowers.

Warning: do not use during pregnancy or lactation and in case of hypothyroidism condition.



Licorice (Wild American)

Binomial Name: Glycyrrhiza Lepidota.

Habitat: Widely diffused in wet, moist environments of the Western United States or Canada.

Characteristics: This plant grows in intricate root stalks and spread in width rather than growing in height. It can reach up to 5 feet in height at its best, but it can occupy a wide surface on the ground. Odd-pinnate, flat leaves with smooth edges populate the root stalks and, at the top of the stalk, the green-yellowish flowers are grouped in vertical clusters, like red clover. Seeds are contained inside pods, like peas, and are shiny black.

Effects: Emollient, Purgative, Expectorant, Febrifuge.

Parts to collect for medical purposes: Roots (dried) and leaves.

Preferred solvent: Water.

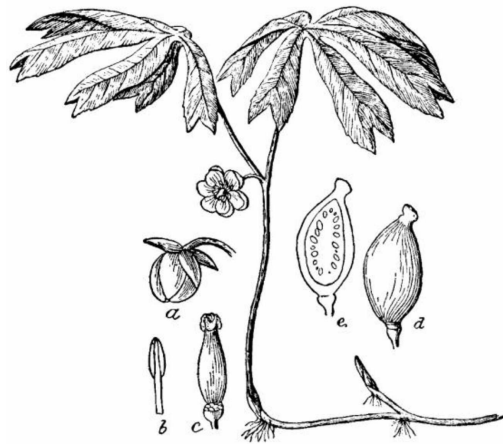
Native American Use:

Native Americans widely used the licorice for medical purposes, mainly related to stomach conditions. In fact, the decoction prepared with the peeled, dried root was used for laxative purposes in case of constipation. Another use of this tea was to reduce the fever because the diaphoretic substances contained in it induced sweat on the patient.

Other medical uses of the wild licorice were related to the tea of leaves, used as a topical medicament for earache, and the raw root consumption for toothache and sore throat.

Finally, the poultice obtained from the fresh root was used topically on swollen joints in case of rheumatism or gout.

Warning: it increased blood pressure, so it is not advised in case of hypertension.



Mayapple

Binomial Name: Podophyllum Peltatum.

Habitat: Diffused in the deep forests in the Eastern United States and Canada.

Characteristics: This perennial flower grows in the deep, shaded woods. Each stout has two wide and five-lobed leaves. The single flower that grows underneath the leaves is white and with six petals surrounding a central group of yellow stamens. The edible fruit ripens in the latest part of summer.

Effects: Purgative, Cholagogue.

Parts to collect for medical purposes: Sap and roots.

Preferred solvent: Boiling water and Alcohol.

Native American Use:

Native Americans used topically Mayapple roots as a poultice or powder to treat warts. Also, the decoction prepared from leaves is a strong emetic and laxative and was used to treat intestinal worms.

Note: Root decoction can be used as a powerful natural insecticide for your garden.

Warning: use only strictly under medical supervision.

Maitake

Common Names: Monkey's Bench, Shelf Fungus, King of Mushrooms, Dancing Mushroom

Scientific Name: *Grifola Frondosa*

Family: *Meripilaceae*

Origin: Native to North America

About Maitake:

Maitake mushrooms have antioxidants, Vitamin B and C, copper, fiber, and potassium, all of which contribute to the body's overall immunity. It is also great for combating type II diabetes and other immune disorders. It can easily be incorporated into your diet like pizza, soups, and omelets so you can get a good amount of healthy nutrients.

Maple



Common Names: Norway Maple

Scientific Name: *Acer Platanoides*

Family: *Sapindaceae*

Origin: Native to Asia and introduced to North America and Canada

About Maple:

Maple is a genus of trees and a member of the *Sapindaceae* family. It is a native of Asia but popularly found in North America and Northern Africa. Maples have biochemical materials stored in their leaves, sap, and bark, all of which help combat inflammation which is a major cause of numerous diseases.

The maple tree helps regulate blood sugar levels, which is great for those with pre-diabetes and diabetes. It also possibly helps combat Alzheimer's disease in the blood, helping your system counter and fight neuroinflammation. There are numerous untapped benefits of maple, and this is just a sign that there is more, according to most research findings looking for a right standing.

Medicinal Parts:

- The sap
- The inner bark

Habitat & Foraging:

- Maple grows in bottomland soils or simple swamps

Influence on the Body:

- It helps to protect the skin
- It supplies the body with minerals and vitamins
- It is a healthy alternative to sweeteners

Traditional Uses:

- The Mohegans tribe used the inner bark as a cough remedy
- The Iroquois tribe used maple sap for sore eyes and compound infusion of the bark as drops for blindness

Possible Side Effects:

- Negative interactions with some other drugs

Mexican Yew



Common Names: Ciprecillo Colorado, Pinabete Colorado

Scientific Name: *Taxus Globosa*

Family: Yews

Origin: Native to Mexico

About Mexican Yew:

Mexican yew (*Taxus Globosa*) is an evergreen shrub and one of the major yew species. This herb grows to the height of about 4.6m. Mexicans and North Americans make use of the branch tip, bark, and needles for making medicine. Many scientists have reservations, but the Mexican Yew has been used for a long time now for treating tapeworm, seizures, and liver illnesses.

Mexican and Native American women used this herb when they wanted to start their periods.

Medicinal Parts:

- The barks
- The leaves
- The fruits
- The flowers
- The roots
- The stems

Habitat & Foraging:

- It is usually found in tropical to subtropical cloud forests

Influence on the Body:

- Liver conditions
- Urinary tract conditions
- Seizures

Traditional Uses:

- It was traditionally used to make longbows

Possible Side Effects:

- Heart rate reduction or increase
- Pregnant women and nursing mothers are advised to avoid Mexican Yew to prevent unnecessary complications.

Milkweed



Common Names: Silky Swallowwort, Butterfly Flower, Silkweed, and Virginia Silkweed

Scientific Name: *Asclepias Syriaca*

Family: *Apocynaceae*

Origin: Native to North America (California)

About Milkweed:

Milkweed (*Asclepias Syriaca*) is a simple host plant denied by different species of butterflies for survival. This herb is popular in North America and mostly because the root and underground stems are useful for concocting different medicine.

One of the major native American uses of milkweed is the use for digestive problems. It, however, needs to be processed before consuming because it can be toxic if taken that way, leading to stomach upsets and even depression.

Medicinal Parts:

- The flowers
- The leaves
- The seed
- The oil

Habitat & Foraging:

- This plant grows in the vast prairie regions of America

Influence on the Body:

- It helps to reduce cough
- It helps to treat asthma and fever

Traditional Uses:

- It was traditionally used as a textile material

Possible Side Effects:

- Dyspnea
- Diarrhea

Mint



Common Names: Native Spearmint, Scotch Spearmint, Cornmint, Apple Mint

Scientific Name: *Mentha*

Family: *Mints*

Origin: Native to North America

About Mint:

Mint is the name of a plant species like the spearmint and peppermint, all belonging to the *Mentha* genus. Everyone loves mint because of the cooling sensation it brings to the table. It can be used in various recipes in its dried or fresh form as well.

Mint grows in wet environments and moist soils, and it can reach a height of 4-45 inches tall, and it can spread across a big expanse of land. Consuming mint has many health benefits, such as the improvement of irritable bowel syndrome, relief from digestive problems, and improved brain functions.

Medicinal Parts:

- The leaves
- The flower
- The stem
- The bark
- The seeds

Habitat & Foraging:

- Mint grows in moist places along streams and shorelines

Influence on the Body:

- It helps to relieve indigestion
- It helps to improve brain functions
- It reduces breastfeeding pains

Traditional Uses:

- Traditionally used for treating irritable bowel syndrome

Possible Side Effects:

- None

Oak



Common Names: *Quercus Alba*, *Quercus Albicaulis*, *Quercus Aliena*, *Quercus Alnifolia*.

Scientific Name: *Quercus*

Family: *Quercaceae*

Origin: Native to North America (Georgia)

About Oak:

Oak (*Quercus Robur*) is a medicinal tree. This bark is the only part of the tree that is medicinal, and it is recognized as healthy and safe by many regulatory bodies.

The oak has numerous health-improving properties, which help to treat many diseases like eczema, flu, cold and varicose veins. It also has strong anti-depressant properties, which means that it is also useful for treating skin conditions, burns, cuts, and bleeding gums.

It likewise has properties that help to promote good health. Some of them are the anodyne which acts as a painkiller. Another one is the emmenagogue which helps to make the menstrual flow better and less painful.

Medicinal Parts:

- The bark

Habitat & Foraging:

- Oak grows in Mediterranean semi-desert to subtropical rainforests

Influence on the Body:

- Diarrhea
- Colds
- Fever
- Cough
- Bronchitis

Traditional Uses:

- It was traditionally used for treating bleeding gums and mouth infections

Possible Side Effects:

- Stomachache

Oat

Common Names: Groats

Scientific Name: *Aveba Sativa*

Family: *Grasses*

Origin: Native to Asia and introduced to North America

About Oat:

Popular and widely distributed in most parts of the world today, oats are a commercially flaked grain known as oatmeal. The tincture and powder are used in herbal tonics and capsules.

It is a recognized natural food that has an appealing taste to help patients with weak digestive systems. The tincture is used as a neutralizer for the sexual gland system. It also helps to restore the body after a stressful event.

Medicinal Parts:

- The straw
- The seeds

Habitat & Foraging:

- It is usually found on abandoned fields and railroads

Influence on the Body:

- Fever
- Indigestion
- Exhaustion

Traditional Uses:

- It was traditionally used as decoration, tea, and for treating fever
- It was also used as cosmetic aid to improve skin outlook

Possible Side Effects:

- None



Oregon Grape

Binomial Name: Mahonia Aquifolium

Habitat: Evergreen shrub widely diffused at the edge of the forests in the north-western United States.

Characteristics: This evergreen shrub can reach up to seven feet tall. Leaves are pinnate, pointed, and bright green. Flowers are small and yellow-greenish with purple sepals and evolve into blueberries after pollination. Roots are bright yellow on the inside.

Preferred solvent: Boiling water.

Effects: Purgative, Cathartic.

Native American Use:

Native Americans used Oregon Grape in many ways. Above all, fruits were renowned to induce vomit if eaten in small quantities.

The decoction of stems was used to promote detoxification of the liver and gallbladder. Decoction of bark was used for the same purpose and as an eyewash for conjunctivitis or as a gargle for tonsillitis.

Roots were used both in decoctions to treat upset stomach due to Oregon Grape astringent properties and in extraction as a topical treatment on the skin for ulcers and excessive dryness.

Warning: do not use during pregnancy or lactation.

Pasque Flower



Common Names: Easter Flower, Meadow Anemone, and Windflower.

Scientific Name: *Pulsatilla Patens* var. *Multifida*

Family: *Buttercups*

Origin: Native to North America (South Dakota)

About Pasque Flower:

The Pasque flower (*Pulsatilla Vulgaris*) is a slow-growing herbaceous perennial plant that blooms in spring and is a member of the buttercup family. This plant has a short stature and requires many drainages, which is why it grows mainly at rock gardens around hillsides.

It was traditionally useful for different medical conditions like calming pains in the testicles and the female reproductive organ and pains in the ovaries, and menstrual cramps. It is also useful for pains related to insomnia, asthma, boil, nerve pains, asthma, and urinary tract disorders. It is also applied topically on the skin for inflammatory diseases and boils.

Medicinal Parts:

- The entire plant

Habitat & Foraging:

- The Pasque flower typically grows in open areas like rocky outcrops

Influence on the Body:

- Nerve pains
- Insomnia
- Boils
- Asthma

Traditional Uses:

- It was traditionally used to treat anxiety and nervousness

Possible Side Effects:

- Skin irritations

Passionflower



Common Names: Passifloraceae, Yellow Passionflower, Giant granadilla, Purple Passion Fruit

Scientific Name: *Passiflora*

Family: *Passionflowers*

Origin: Native to North America (Alabama, Georgia, Florida, North Carolina, Kentucky)

About Passionflower:

The passionflower is a flower from the *Passiflora* family and is native to Central America. Native Americans traditionally used this flower for treating various health conditions like liver problems, wounds, and boils. Many Spanish explorers named this plant because it resembles the crucifix, which is where the word passion comes in.

On colonization in Europe, this herb was mostly used for treating anxiety-related conditions, while the fruits were used as flavors in many delicious beverages. One of the major reasons this flower is great for anxiety is its calming effect on the mind. It helps boost the level of gamma-aminobutyric acid (GABA) in your brain, which helps to calm the mind, helping you sleep better.

Medicinal Parts:

- The above-ground parts

Habitat & Foraging:

- The passionflower is common in open and cultivated fields

Influence on the Body:

- It helps to relieve insomnia
- It helps to relieve anxiety

Traditional Uses:

- It was traditionally used to treat seizures and anxiety

Possible Side Effects:

- Dizziness
- Drowsiness
- Confusion

Plantain



Common Names: Common Plantain, Plantain, Bandaïd Plant

Scientific Name: *Plantago Major*

Family: *Plantaginaceae* (Plantain)

Origin: Native to North America

About Plantain:

Plantain is a low-growing plant with medium and broad leaves that sprout out of the soil in flat rosettes. When you let it flower, thin spikes grow alongside tiny flowers. These flowers later transform into seeds which quickly spreads to other parts of the soil. This perennial plant has a thick taproot, and this allows it to grow rapidly in well-groomed lawns.

Medicinal Parts:

- The leaves
- The seeds

Habitat & Foraging:

- It can be found virtually anywhere in America.

Influence on the Body:

- Diarrhea
- Yeast infection
- Cough
- Baby Rash

Traditional Uses:

- Bee bites
- Eczema
- Dye for fabrics

Possible Side Effects:

- None

Prickly Pear Cactus



Common Names: Tuna Fruit

Scientific Name: *Opuntia*

Family: *Opuntiaceae*

Origin: Native to Central America (Mexico)

About Prickly Pear Cactus:

Known by many names, the prickly pear cactus is native to Central America, and it is rich in antioxidants, minerals, and vitamins. The prickly pear cactus is the nopal cactus pad, which people consume as dietary vegetables in many restaurants.

This plant helps to lower blood pressure, reduce cholesterol and heal wounds. It was also traditionally used by the Mexicans and Native Americans for treating diabetes. This is because it helps to lower insulin levels in the blood, which helps to bring down diabetes-related conditions, which make the individual healthier – to the point that wounds heal even faster than before.

Medicinal Parts:

- The leaves
- The stem

Habitat & Foraging:

- The prickly pear cactus grows in the banks of open woodlands and coastal environments

Influence on the Body:

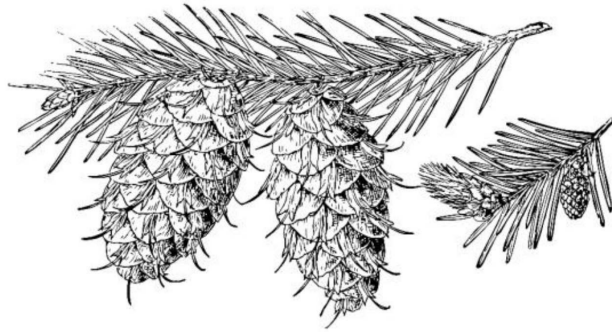
- Obesity
- Diabetes
- High cholesterol

Traditional Uses:

- The prickly pear cactus juice was used for jellies and candies

Possible Side Effects:

- Nausea
- Diarrhea



Pine

Binomial Name: Pinaceae

Habitat: Widely diffused in forests and woods all over the United States and Canada.

Characteristics: This evergreen tree can grow up to 60 feet tall. The many branches of this plant depart in whorls from the wide, central trunk. The bark is thick and brown. Leaves are green and needle-shaped. The small, tubular, and white-greenish flowers are located at the end of the branches. The pine cones bear seeds inside.

Parts to collect for medical purposes: Inner bark, leaves, and sap.

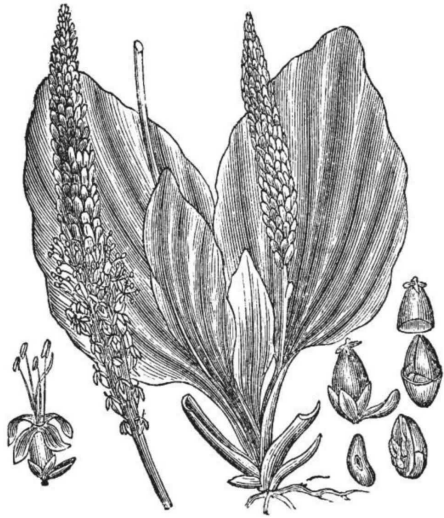
Preferred solvent: Boiling water.

Effects: Febrifuge, Expectorant.

Native American Use:

Native Americans widely used pines for their sticky and antiseptic sap. This can be used to seal the edges of wounds for emergency medication. In addition, the pine needle tea was used to prevent scurvy (due to its content of vitamin C) and is a powerful febrifuge because of the diaphoretic substances contained in the needles. Another use of the needle tea was related to its antiseptic and antimicrobial features: in fact, it was also widely used as a gargle for sore throat.

Pine needle tea can be also a source of energy and minerals and had saved many lives of unprepared backpackers who lost themselves in the woods.



Plantain

Binomial Name: Plantago Lanceolata or Maritima.

Habitat: Diffused all over the United States, alongside cultivated fields and along the seashore for the Plantago Maritima.

Characteristics: This small plant emerges from the ground as an upright, straight green stem. Leaves have different shapes depending on the species: the Lanceolata species has oblong, pointed leaves, while the Maritima ones are more pointed. A vertical spike of small hermaphrodite flowers composes the inflorescence. Each flower has protruding stamens with thin, hair-like peduncles.

Parts to collect for medical purposes: Leaves and stems.

Preferred solvent: Water.

Effects: Astringent, Antiseptic.

Native American Use:

Native Americans used the Plantain both for food and for medical purposes. Leaves were used as food, though not very nutritious.

The tea made with flowers creates a gel-like drink that was used in the treatment of diarrhea and dysentery to reduce the spasmodic attacks and to soothe the inflamed gut. Moreover, the poultice made by chewing the raw leaves of the fresh plant was used topically to treat urticarial and skin inflammations in general, and as an antiseptic medication for wounds.

The fresh leaves were dried during summer and used throughout the year, especially during the cold seasons to treat colds and coughs because the tea obtained from it is a strong expectorant and diuretic.

Finally, the raw consumption of seeds was used in case of constipation due to its strong laxative effect.

Queen of Meadow



Common Names: Meadowsweet

Scientific Name: *Filipendula Ulmaria*

Family: *Rosaceae* – Rose family

Origin: Native to Europe and naturalized to North America

About Queen of Meadow:

Also known as Meadowsweet (*Filipendula Ulmaria*), the meadow plant has a long history of medicinal use. It is rich in salicylic acid, which is great for relieving pains and has been used traditionally for moderating pain, especially in certain parts of the body like the head, which prevents headaches.

It has anti-inflammatory properties, which makes it great for tackling conditions related to inflammation. The salicylic acid and other compounds in this plant help reduce inflammation and likewise help to calm the digestive system lining. It also helps to build overall immune functions, promoting healthy living.

Medicinal Parts:

- The leaves
- The flowers
- The stems

Habitat & Foraging:

- The queen of meadow grows in rich, moist, and well-drained soils

Influence on the Body:

- Colds
- Stomach upsets
- Peptic ulcers
- Joint disorders

Traditional Uses:

- It was traditionally used for treating rheumatism

Possible Side Effects:

- When taken in large amounts, it can lead to nausea and stomach upsets.

Red Clover



Common Names: Trefoil, Cow Grass, Purple Clover, Wild Clover, Meadow Trefoil, Bee Bread

Scientific Name: *Trifolium Pratense*

Family: *Fabaceae/Leguminosae* – Pea family

Origin: Native to Europe and Asia and naturalized to North America

About Red Clover:

The red clover (*Trifolium Pretense*) is a Native American traditional herb used to treat numerous health challenges like hair and skin disorders, osteoporosis, hot flashes, and even arthritis.

Daily regulated consumption of the red clover helps with these conditions and likewise, helps with many symptoms related to pains and aches that come with menopause. It is relatively safe for use, although you might feel symptoms like vomiting, nausea, and headaches.

It also has minor estrogen in it, making it dangerous for breastfeeding and pregnant women and individuals who have certain conditions related to hormone disorders.

Medicinal Parts:

- The flower
- The leaves

Habitat & Foraging:

- The red clover grows on weedy meadows, vacant lots, fields, and pastures

Influence on the Body:

- Hot flashes
- Skin disorders
- Osteoporosis

Traditional Uses:

- It was traditionally used for hair and skin disorders

Possible Side Effects:

- Muscle aches
- Headaches

Red Root



Common Names: New Jersey Tea, Jersey Tea Ceanothus

Scientific Name: *Ceanothus Americanus*

Family: *Buckthorns*

Origin: Native to North America (New Jersey, Florida)

About Redroot:

The red root is a well-known herb that has long been used as traditional medicine in North America and Europe. It is popular today amongst many individuals who require help with their lymphatic and respiratory systems. This is so because this herb contains antimicrobial and antioxidant properties.

The red root is safe for use and healthy, especially when used in small quantities; however, to prevent complications, people need to make sure that they consult their physicians to understand how they would react to it before they proceed.

However, pregnant women and nursing mothers are advised to avoid red roots altogether.

Medicinal Parts:

- The leaves
- The root

Habitat & Foraging:

- The red root is found in sandy soils and wet shores

Influence on the Body:

- Pains associated with heart health

Traditional Uses:

- It was traditionally used for respiratory disorders and brewed as a tea for colds and fever

Possible Side Effects:

- Pregnant and nursing mothers should avoid the red root.

Reishi



Common Names: Reishi, Mannentake, and "Mushroom of Immortality, "Lingzhi, Ling Chi, Lacquered Bracket

Scientific Name: *Ganoderma Lingzhi*

Family: *Ganodermataceae*

Origin: Native to North America

About Reishi:

Reishi mushroom is a medicinal mushroom that has been used traditionally and passed down from one generation to the other for treating infections, including cancer and pulmonary diseases. These mushrooms have remarkable medical properties approved and used today by individuals affected by cancer.

The reishi mushroom has been known to help improve immune functions reducing stress and other symptoms that lead to fatigue. It is also useful for reducing high blood pressure, high cholesterol, and liver/kidney diseases. The use of reishi depends on age and overall health, so, speak with a professional medical herbalist.

Medicinal Parts:

- The entire mushroom

Habitat & Foraging:

- It grows on dying and dead hemlocks

Influence on the Body:

- It improves the immune system
- It helps to reduce stress
- It helps to reduce fatigue

Traditional Uses:

- It was traditionally used for treating fatigue

Possible Side Effects:

- Dry mouths
- Itching

Sarsaparilla



Common Names: Honduran Sarsaparilla, Jamaican Sarsaparilla.

Scientific Name: *Smilax Ornata*

Family: *Smilacaceae*

Origin: Native to Central America (Mexico, Jamaica, Honduras)

About Sarsaparilla:

The sarsaparilla is a tropical plant from the *smilax* genus, and it grows in woody and deep rainforests. It is native to Mexico, Jamaica, and South America, and it is a healthy plant. For many years, people used the root of the sarsaparilla plant for skin problems and the treatment of arthritis. It was later brought into European countries, where it was adopted for treating syphilis.

It contains phytochemicals that have anti-inflammatory properties which help with joints and all types of body pains. It is healthy for those who have underlying medical conditions to consult their physician before taking any steps concerning usage.

Medicinal Parts:

- The roots

Habitat & Foraging:

- This plant prefers sandy and clay soils

Influence on the Body:

- It is used for treating skin diseases
- It is used to increase urination and fluid retention

Traditional Uses:

- It was traditionally used for treating leprosy and syphilis

Possible Side Effects:

- Stomach irritation

Saw Palmetto



Common Names: Shrub Palmetto, Dwarf Palm, Saw Palmetto

Scientific Name: *Serenoa Repens*

Family: *Palm Trees*

Origin: Native to North America (Florida, Kentucky, Alabama, Georgia, Tennessee, North Carolina, South Carolina)

About Saw Palmetto:

The saw palmetto (*Serenoa Repens*) is a species of palm that has numerous health benefits for the body. Native to South and North America, the berries of the saw palmetto help improve urinary functions and reduce inflammation in the body.

It helps to prevent hair loss, as it likewise supports prostate health for men. Saw palmetto also helps with the prevention of prostate cancer in senior men.

This herb is safe for regular use and great for overall health.

Medicinal Parts:

- The dried berry

Habitat & Foraging:

- It grows rapidly on dry and open sites

Influence on the Body:

- May support prostate health
- Prevents hair loss
- Improves urinary tract function
- May decrease inflammation

Traditional Uses:

- It was traditionally used for treating infertility in women

Possible Side Effects:

- Vomiting
- Nausea

Self-Heal



Common Names: Heal-All, Woundwort, Carpenter's Herb, Brown Wort, Heart-of-the-Earth

Scientific Name: *Prunella Vulgaris*

Family: *Mints*

Origin: Native to North America

About Self-Heal:

Self-heal (*Prunella Vulgaris*) is a natural flowering herb that is used for herbal medicinal purposes. The flowers and leaves are used in different supplements, and it is believed to be one of the best natural remedies for minor to serious health conditions like cancer and diabetes. It also helps with other conditions, headaches, allergies, and even sore throats.

It fights hypertension and herpes virus, making it good herbal medicine to be used for the body. People have to take note of their dosages that differ according to age, gender, and health challenges that are already there.

Medicinal Parts:

- The parts above the ground

Habitat & Foraging:

- It grows as low weeds in most lawns

Influence on the Body:

- Headache
- Dizziness
- Liver disease
- Spasm

Traditional Uses:

- It is traditionally used for mouth and throat ulcers

Possible Side Effects:

- None

Skullcap



Common Names: Marsh Skullcap, Hooded Skullcap

Scientific Name: *Scutellaria*

Family: *Mint*

Origin: Native to North America and Canada

About Skullcap:

Skullcap, also known as the American skullcap, is a Native American plant cultivated across Europe and has been in use for more than 200 years now. The skullcap has antioxidants and helps prevent and protect against neurological conditions like Parkinson's disease and depression. It is also scientifically proven to reduce the symptoms of an allergic reaction.

Adults can take the skullcap as tea, fluid extracts, tincture, or dried herbs for healthy consumption. On the other hand, children should not be given this herb no matter the circumstances. Even adults should take precautions when using it, mainly because it can react with specific supplements and drugs. Consult your trusted herbalist.

Medicinal Parts:

- The flower

- The leaves

Habitat & Foraging:

- It grows in marshes and meadows

Influence on the Body:

- It promotes relaxation
- It reduces your response to stress
- It supports healthy sleep patterns

Traditional Uses:

- It was traditionally used as anxiety and tension therapy

Possible Side Effects:

- Anxiety
- Irregular heartbeats

Stoneseed



Common Names: Western Stoneseed, Lemonweed

Scientific Name: *Lithospermum*

Family: *Borages*

Origin: Native to North America and Canada

About Stoneseed:

The stoneseed (*Lithospermum*) is a valuable herb for treating kidney disorders and rheumatic joint pains. It grows well in reasonably dry locations in North America. As a hermaphrodite herb, all it needs for effective growth is adequate light and well-drained soils.

Aside from these, it is one of the best herbs for fighting constipation, and it is likewise useful for treating cancer, acne, and burns. Even if it is labeled as a safe herb, it should be taken in small quantities to prevent stomach irritations, nausea, and dizziness.

Medicinal Parts:

- The root
- The fruit
- The leaves
- The stem

Habitat & Foraging:

- It grows on dry soils, foothills, and ridges in the mountains

Influence on the Body:

- It is effective for constipation
- It is useful for treating burns and acne

Traditional Uses:

- Women traditionally used it as birth control

Possible Side Effects:

- Nausea
- Stomach irritation

Sumac



Common Names: Staghorn Sumac

Scientific Name: *Rhus*

Family: *Cashews*

Origin: Native to Canada and North America (Arizona, Florida)

About Sumac:

Even though the sumac is native to North America, it grows worldwide, and it is easily recognized by the red berries seen on it. These berries are used as herbal medicine for healing numerous health challenges, and it is likewise used as a spice for food preparation.

Sumac is rich in antioxidants and numerous nutrients, and it is useful for cooking as a great spice. The consumption of sumac also helps with the control of blood sugar levels, and it soothes the pains that come with exercising without hindering the results you are looking to derive from the exercise in the first place. The sumac herb is found in numerous supplements, and when used as a spice, it is healthy for the body.

Medicinal Parts:

- The leaf
- The seed

Habitat & Foraging:

- It grows on dry locations and foothills

Influence on the Body:

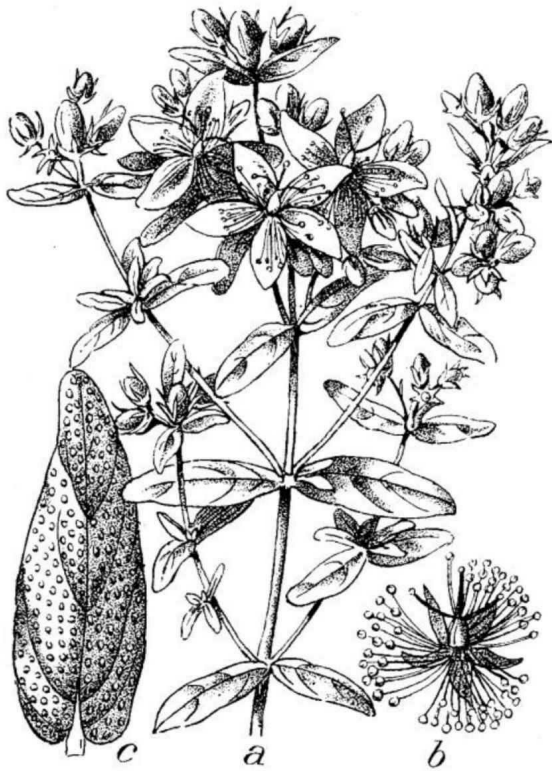
- It was used for treating kidney disorders and internal hemorrhaging

Traditional Uses:

- It was traditionally used for treating diarrhea

Possible Side Effects:

- Dizziness and nausea when taken by mouth.



Saint John's Wort

Binomial Name: *Hypericum Perforatum*.

Habitat: Widely diffused all over the United States and Canada, in gardens and meadows.

Characteristics: This officinal, perennial plant can grow to almost four feet tall from the creeping rhizome. The red-brown stems are woody at the base of the plant and become more “tender” towards the top of it. Opposite and stalkless leaves populate the branches. They are bright green and oblong with many small glands attached to the bottom. These can be easily seen in the backlight. The flowers that originate at the end of each stem are made by five ovate, yellow petals that encircle a cluster of long yellow pistils. Seeds are shiny-black and cylindrical, two millimeters long.

Parts to collect for medical purposes: The whole plant.

Native American Use:

Saint John's Wort is one of the most used officinal plants in herbal medicine all over the world. Native Americans were aware of its properties and widely used it in many preparations. It was considered a heal-all plant with astringent, anti-inflammatory, and antiseptic characteristics.

The whole plant decoction was used for its emmenagogue properties to treat menstrual problems, such as poor blood flow or Pre-Menstrual Syndrome. The stimulating effect on uterus contraction was also used to induce abortions and facilitate difficult childbirth.

Not only that, the tea obtained from flowers was used as a mild sedative to calm nerves and induce sleep in case of traumatic events or insomnia.

Regarding the fresh plant uses, we can mention the poultice of the whole plant was applied over

wounds to facilitate healing and avoid infections due to its antiseptic properties. In addition, raw root consumption was used to treat snakebites. Finally, leaves and flowers were used raw as a buffer to treat wounds and nasal epistaxis because they immediately stopped bleeding.

Warning: do not assume in case of pregnancy or if suffering from bipolar disorder or depression.

Side Effects: gastrointestinal irritation and allergic reactions.



Seneca Snakeroot

Binomial Name: *Poligala Senega*.

Habitat: Diffused all over the Eastern to the Central United States and Canada, from New Scotland to Saskatchewan, to Mississippi State to South Carolina.

Characteristics: This small plant has two years life cycle, being a perennial. From the root, every year, several stems pop out and grow up to fifteen inches. These are red and smooth and hold whorls of lance-shaped, pointed leaves spirally arranged. At the top of the stem, the white flowers are grouped in vertical, densely populated clusters.

Parts to collect for medical purposes: Root-

Preferred Solvents: Water, Alcohol.

Effects: Expectorant, Febrifuge.

Native American Use:

Ojibwa used this root in combination with others to prepare a heal-all remedy mainly used by their warriors. This mixture of herbs was said to give strength and facilitate healing, so Ojibwa warriors used to chew it daily and spread it on wounds and burns. This plant was also used in ceremonies and was said to have the power to chase demons away.

The powder of the dried root was applied over wounds and helped the healing due to its

antiseptic and astringent properties.

Raw root consumption is recommended in case of cough to help the expectoration of phlegm and in case of fever due to its diaphoretic properties.

The poultice of the root can be applied over swelling of any sort and it is effective in reducing the inflammation.

Schisandra

Common Names: Chinese Magnolia-Vine, Schisandra, Magnolia-Vine

Scientific Name: *Schisandra Chinensis*

Family: *Schisandraceae*

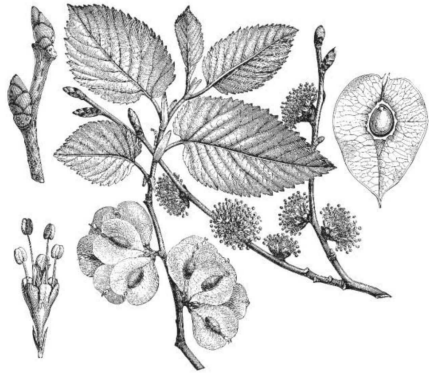
Origin: Native to China and introduced to North America

About Schisandra:

The schisandra is a popular plant in North America, and this is due to the medicinal benefits it has on the body. It contains adaptogens that increase stress resistance and increased energy which helps to improve physical performance and overall endurance in the body.

It is widely used thanks to its anti-aging properties and its capacity to strengthen the immune system and increase life expectancy.

The enzymes in the schisandra protect the liver and promote cell growth in organs.



Slippery Elm

Binomial Name: *Ulmus Rubra*.

Habitat: Widely diffused in forests and fields all over the North-Eastern United States and Quebec.

Characteristics: The deciduous tree can grow up to 50 feet on average. The leafy branches spread widely around the central trunk made of reddish wood. The dark green leaves are oblong to obovate-shaped (depending on the species) and with serrated margins. They are rough to the touch in the upper part and velvety on the bottom. Flowers have no petals and are produced in dome clusters of fifteen to twenty each. Fruits are ovoid samaras that can be easily diffused by wind, bearing a red, hairy seed.

Parts to collect for medical purposes: Bark, both inner and outer.

Preferred Solvents: Water, Alcohol.

Effects: Expectorant, Emollient, Diuretic.

Native American Use:

Native Americans widely used this indigenous species of elm for medical purposes by preparing a decoction of the dried inner bark. The inner bark release a mucilaginous substance that if drunk, can help to treat gastritis and ulcers by protecting the stomach walls; if used as a wash is a powerful emollient for wounds and burns. The same effects were obtained by the infusion of the powdered inner bark.

The outer bark decoction was used differently, to induce uterine contraction and causing abortions or helping difficult childbirths.

The salve obtained by thickening with beeswax the oil of outer bark is useful to treat colds, sore throat, and bronchitis by dissolving it in boiling water and inhaling the steam (fumigation).

Skunk Cabbage

Common Names: Swamp Cabbage, Meadow Cabbage, Clump Foot Cabbage

Scientific Name: *Symplocarpus Foetidus*

Family: *Arums*

Origin: Native to North America (Minnesota, Tennessee, North Carolina)

About Skunk Cabbage:

The skunk cabbage (*Symplocarpus Foetidus*) is herbal medicine known for its unpleasant smell. The rhizome and the root are used to treat breathing challenges like cough, asthma, and swollen airways. It also has other benefits like preventing excessive bleeding, improved fluid retention, and anxiety prevention.

It is used traditionally and topically for skin sores, wounds, swellings, and splinters. It was also applied to the body whenever a person was bit by a snake for immediate relief. People back then used the leaves, stock, and root, boiling off the foul smell and eating it immediately.

Turtlehead



Common Names: Fish Mouth, Shellflower, Bitter Herb, Codhead

Scientific Name: *Chelone*

Family: *Plantaginaceae*

Origin: Native to North America (Georgia, Mississippi)

About Turtlehead:

Turtlehead is a North American herb with the parts above the ground being used for medicine. Its classification has been controversial, but recently it has been demonstrated with DNA studies that it belongs to *Plantaginaceae*.

Initially, this plant was used by the indigenous for blood purification and as a remedy to eczema and chronic rheumatic conditions. Abenaki people, in particular, used flowers as a method of birth control.

Turtlehead is not edible, but it has numerous medicinal benefits once the flower is harvested and dried. And it even has healing powers for indigestion. It is mainly used as tea or tincture to prevent issues with constipation.

Medicinal Parts:

- The parts of the plant that grow above the ground

Habitat & Foraging:

- It grows perfectly on swamps, rich fens, and marshes
- Be careful and avoid the red turtlehead, which can be deadly

Influence on the Body:

- Indigestion
- Stimulation of appetite
- It relieves inflammation

Traditional Uses:

- It was traditionally used for treating fever and jaundice

Possible Side Effects:

- Possible interaction with other drugs
- Not recommended for pregnant women and nursing mothers

Usnea



Common Names: *Old Man's Beard*

Scientific Name: *Usnea Longissima Ach*

Family: *Parmeliaceae*

Origin: Native to Canada and North America (California, Oregon, Alaska, British Columbia)

About Usnea:

Usnea (*Beard Lichen*) is a lichen that has been traditionally used for curing different medical conditions, many of which are scientifically supported. It is also trad used for aiding wounds to heal and even protecting the body against cancer.

It is also suitable for weight loss and should be used in small quantities due to some of the side effects that might occur in usage. When taken by mouth in large quantities, it can lead to liver damage, stomach upsets, and in severe situations, death. So, even when processed, you need to consult your physician before taking usnea.

Medicinal Parts:

- The leaves
- The bark

Habitat & Foraging:

- Usnea grows in cool and damp places

Influence on the Body:

- Healing wounds
- Weight loss
- Pains
- Fever

Traditional Uses:

- Usnea was traditionally used to get rid of phlegm

Possible Side Effects:

- Fatigue
- Abdominal pains

Verbena



Common Names: Common Verbena

Scientific Name: *Verbena Officinalis*

Family: *Verbenaceae*

Origin: Native to Europe and naturalized to North America

About Verbena:

Verbena is a well-used herbal medicine used all over the globe for the treatment of numerous diseases. Among its benefits: it protects the nerve cells, reduces convulsion, and prevents tumors. It also treats ear infections and can even be used as solar cream.

Verbena is used to stimulate and increase milk production while breastfeeding.

It is advisable to take verbena in processed forms such as powder, tea, or tincture.

Medicinal Parts:

- Parts above the ground

Habitat & Foraging:

- It grows as roadside weed and is becoming an established plant in South Africa as well

Influence on the Body:

It is used for treating the following:

- Digestive disorders
- Trouble sleeping
- Agitation

Traditional Uses:

- It was used for treating chest pains and related conditions

Possible Side Effects:

- It is not recommended for people on blood-thinning drugs



Water Birch

Binomial Name: *Betula occidentalis*.

Habitat: Widely diffused in the inland regions of the Western United States and Canada, up to the east part of Alaska.

Characteristics: This small tree can grow up to 35 feet tall, with many trunks from the single rootstalk. From the trunks (covered by a red-brown and smooth bark), depart many branches populated by opposite, ovate leaves with serrated margins. Flowers are catkins: the male ones drooping down, the female erect. Seeds have horizontal "leaflets" such as a helicopter (samara). This helps them fly for long distances when they detach from the tree.

Parts to collect for medical purposes: Leaves and bark.

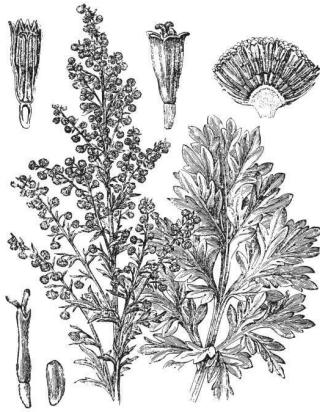
Preferred solvent: Alcohol, Water.

Main effect: Anti-inflammation, Febrifuge.

Native American Use:

Native Americans used the Water Birch febrifuge properties by preparing a strong tea from leaves and barks. This drink could also be used as a wash for mild skin ailments, such as pimples.

Warning: Do not use during pregnancy.



Wormwood

Binomial Name: *Artemisia Canadensis*

Habitat: Widely diffused in dry environments all over the North American Continent, both in the United States and Canada.

Characteristics: The *Artemisia Canadensis* has a two-year life cycle. In its first year, it appears as a rosette of deeply divided, almost linear, gray-greenish leaves. In the second year, many reddish stems grow from the bottom. These, are covered with smaller and more deeply cut leaves. Stems are covered with hairs and have small, yellow flowers at the top.

Parts to collect for medical purposes: Leaves and flowers.

Preferred Solvents: Diluted Alcohol.

Effects: Vermifuge, Febrifuge, Sedative, Carminative, Emmenagogue.

Native American Use:

The medical uses of the *Artemisia Canadensis* are many and well known. Natives used to chew and swallow the juice of leaves to help with intestinal gas, making use of its anticonvulsant and carminative properties.

The decoction of leaves was a powerful sweat-inducing, fever-reducing drink. This decoction was also useful to kill intestinal worms and other parasites and to increase blood flow in case of poor menstruation.

A bundle of fresh herbs was set to dry and then used in the smudging ceremony as a stick to smudge the participants.

The fresh herb was used also during the sweat lodge ceremonies.

Warning: *Artemisia* is toxic if assumed in excessive quantities.

Warning: Do not use if you are already assuming anticonvulsants.

Wild Yam



Common Names: Rheumatism Root, Devil's Bones, Colic Root

Scientific Name: *Dioscorea Villosa*

Family: *True Yams*

Origin: Native to North America (New England, Virginia, Texas, Minnesota)

About Wild Yam:

Wild Yam (*Dioscorea Villosa*) is a tuberous species native to the eastern part of North America. While the wild yam is edible, the root is also helpful in treating hormonal conditions like menopause, and it is also useful for treating arthritis.

Wild yam is also useful as an alternative to estrogen therapy, menstrual cramp, premenstrual syndrome, weak bones, and male sex drive. Wild Yam creams are also helpful for topical application and can reduce hot flashes, which is a symptom of menopause.

Medicinal Parts:

- The entire tuber

Habitat & Foraging:

- Wild yam grows in moist thickets

Influence on the Body:

It helps to treat the following conditions:

- Vaginal dryness in older women
- Menstrual cramps
- Osteoporosis

Traditional Uses:

- It was used traditionally to increase the sexual drive and energy in men and increase women's breast size

Possible Side Effects:

- None

Witch Hazel

Common Names: Hamamelis Ovalis, S.W. Leonard, Hamamelis Vernalis Sarg., Hamamelis Virginiana L.

Scientific Name: *Hamamelis*

Family: *Witch-hazels*

Origin: Native to North America (Texas, Florida, Nova Scotia)

About Witch hazel:

Witch Hazel (*Hamamelis Virginiana*) is a member of the witch hazel family. These ointments are to be applied to the skin and scalp to help soothe the skins that are sensitive as it prevents inflammation.

The witch hazel can be used as a natural treatment for inflammation, hemorrhoids, fighting acne, and soothing sore throats. This shrub is powerful and fit for use without any health consequences. You have to make sure that you take it in regulated quantities and not every time.

Wood Betony

Common Names: *Betonica Officinalis*

Scientific Name: *Betony*, *Purple Betony*, *Wood Betony*, *Bishopwort*

Family: *Lamiaceae*

Origin: Native to Canada and North America (Arkansas, Connecticut, Kansas, North Dakota, Maine)

About Wood Betony:

Wood Betony is a powerful herb that is found in Europe, Asia, and North Africa. The parts are useful for making medicine for individuals with kidney and bladder stones.

It works with the help of the chemical betony, which helps to reduce blood pressure and helps treat anxiety. When taken by mouth, the wood betony can cause stomach upsets.

Chapter 2: Top Selling in the United States and Their Uses by Native Americans

Abronia fragrans (snowball-sand verbenas) Used as both food and medicine.

Acer glabrum var. douglasii (Douglas maple), used by Plateau tribes as a treatment for diarrhea.

Acer glabrum var. glabrum The Blackfoot take an infusion of the bark in the morning as a cathartic. The Okanagan-Colville, use a branch tied in a knot and placed over the bear's tracks while hunting to stop the wounded bear. The Thompson people use a decoction of wood and bark taken for nausea caused by smelling a corpse.

Acer negundo (box elder), used as food, lumber, and medicine.

Acer saccharinum (silver maple), an infusion of bark removed from the south side of the tree is used by the Mohegan for cough medicine. It is also used by other tribes for various purposes.

Acer saccharum (sugar maple), used by Mohegan as a cough remedy, and the sap as a sweetening agent and to make maple syrup. It is also used by other tribes for various purposes.

Actaea racemosa (black cohosh), used to treat gynecological and other disorders, including sore throats, kidney problems, and depression.

Actaea rubra (red baneberry), used by the Algonquin for stomach pains, in some seasons for males, other seasons for females.

Agrimonia gryposepala, used by the Iroquois to treat diarrhea Also used by the Cherokee to treat fever, by the Ojibwa for urinary problems,] and by the Meskwaki and Prairie Potawatomi used it as a styptic for nosebleeds.

Allium tricoccum, used as both food and medicine.

Alnus rhombifolia, used by some Plateau tribes for female health treatment.

Alnus rubra, used to treat poison oak, insect bites, and skin irritations. The Blackfoot Confederacy used an infusion made from the bark of red alder to treat lymphatic disorders and tuberculosis. Recent clinical studies have verified that red alder contains betulin and lupeol, compounds shown to be effective against a variety of tumors.

Artemisia douglasiana, used to treat colds, fevers, and headaches.

Artemisia ludoviciana, used by several tribes for a variety of medicinal purposes.

Arundinaria, used for medicinal as well as many other purposes.

Asarum canadense, used to treat a number of ailments including dysentery, digestive problems, swollen breasts, coughs and colds, typhus, scarlet fever, nerves, sore throats, cramps, heaves, earaches, headaches, convulsions, asthma, tuberculosis, urinary disorders and venereal disease. They also used it as a stimulant, an appetite enhancer and a charm. It was also used as an admixture to strengthen other herbal preparations.

Asclepias verticillata, used medicinally.

Baccharis sarothroides, used by the Seri people to make a decoction by cooking the twigs. This

tea is used to treat colds, sinus headaches, and general sore achy ailments. The same tea is also used as a rub for sore muscles. Studies done on plant extracts show that desert broom is rich in leutolin, a flavonoid that has demonstrated anti-inflammatory, antioxidant, and cholesterol-lowering capabilities. Desert broom also has quercetin, a proven antioxidant, and apigenin a chemical which binds to the same brain receptor sites that Valium does.

Balsamorhiza sagittata, used as food and medicine by many Native American groups, such as the Nez Perce, Kootenai, Cheyenne, and Salish.

Baptisia australis – the Cherokee would use the roots in teas as a purgative or to treat tooth aches and nausea, while the Osage made an eyewash with the plant.

Betula occidentalis, used by some Plateau tribes to treat many diseases.

Blephilia ciliata, traditionally used by the Cherokee to make a poultice to treat headaches.

Bloodroot, used as an emetic, respiratory aid, and other treatments.

Calypso (orchid), used by the Nlaka'pamux of British Columbia used as a treatment for mild epilepsy.

Cardamine diphylla, used for food and medicine.

Caulophyllum

Ceanothus integerrimus, the branches of which were used among the Indigenous peoples of California in treating women after childbirth.

Ceanothus velutinus, used by certain Plateau tribes to create herbal tea to induce sweating as a treatment for colds, fevers, and influenza. Leaves were also used when rinsing to help prevent dandruff. *C. velutinus* was known as "red root" by many Native American tribes due to the color of the inner root bark and was used as a medicine for treating lymphatic disorders, ovarian cysts, fibroid tumors, and tonsillitis. Clinical studies of the alkaloid compounds in *C. velutinus* has verified its effectiveness in treating high blood pressure and lymphatic blockages.

Chimaphila umbellata, used by some Plateau tribes in an herbal tea to treat tuberculosis.

Chinacea (*Echinacea purpurea*, *Echinacea angustifolia*, *Echinacea pallida*) Asteraceae (Compositae) Pain relief; for coughs and sore throats, fevers, smallpox, mumps, measles, rheumatism, and arthritis; antidote for poisons and venoms

Claytonia virginica (Virginia spring-beauty), used medicinally by the Iroquois, who would give a cold infusion or decoction of the powdered roots to children suffering from convulsions. They would also eat the raw roots, believing that they permanently prevented conception. They would also eat the roots, as would the Algonquin people, who cooked them like potatoes.

Cleome serrulata, used by tribes in the southwest to make an infusion to treat stomach illnesses and fevers. Poultices can be used on the eyes.

Commelina dianthifolia, infusion of the plant used by Keres as a strengthener for weakened tuberculosis patients.

Cornus sericea, used by Plateau tribes to treat colds by eating the berries. Also used to slow bleeding.

Cranberry (*Vaccinium macrocarpon*) Ericaceae. For pleurisy.

Delphinium nudicaule, the root of which was used as a narcotic by the Mendocino.

Devil's club, traditionally used by Native Americans to treat adult-onset diabetes and a variety of tumors. In vitro studies showed that extracts of devil's club inhibit tuberculosis microbes. The plant is used medicinally and ceremonially by the Tlingit people of Southeast Alaska, who refer to it as "Tlingit aspirin." A piece of devil's club hung over a doorway is said to ward off evil. The plant is harvested and used in a variety of ways, including lip balms, ointments, and herbal teas. Some Tlingit disapprove of the commercialization of the plant as they see it as a violation of its sacred status.

Echinacea, *Echinacea Angustifolia* was widely used by the North American Plains Indians for its general medicinal qualities. Echinacea was one of the basic antimicrobial herbs of eclectic medicine from the mid 19th century through the early 20th century, and its use was documented for snakebite, anthrax, and relief of pain. In the 1930s echinacea became popular in both Europe and America as herbal medicine. According to Wallace Sampson, MD, its modern-day use as a remedy for the regular cold began when a Swiss herbal supplement maker was "erroneously told" that echinacea was used for cold prevention by Native American tribes who lived in the area of South Dakota. Even if Native American tribes didn't use echinacea to prevent the common cold, some Plains tribes did use echinacea to treat some of the symptoms that could be caused by the common cold: The Kiowa used it for coughs and sore throats, the Cheyenne for sore throats, the Pawnee for headaches, and many tribes including the Lakotah used it as an analgesic. Native Americans learned of *E. Angustifolia* by observing elk seeking out the plants and consuming them when sick or wounded and identifying those plants as elk roots. The following table examines why various tribes use echinacea. The entire echinacea plant is used medicinally, both dried and fresh. Common preparations include making a decoction or infusion of the roots and leaves, making a poultice of parts of the plant, juicing the root or simply using the leaves as they were. Echinacea includes essential oils and polysaccharides that push up the immune system, leading to a faster recovery from various illnesses. Due to this property, echinacea has been commercialized and has had clinical trials support that it reduces the duration of a cold by 1–4 days and reduces the chance of developing a cold about 60%.

Encelia farinosa (brittlebush), used by the Seri to treat toothache. For toothache the bark is removed, the branch heated in ashes, and then placed in the mouth to "harden" a loose tooth. The Cahuilla is also employed as a toothache reliever, and to treat chest pain as well by heating the plant gum and applying it to the chest.

Ephedra californica, used by the indigenous peoples of California.

Epigaea repens,

Equisetum hyemale, used by some Plateau tribes. They boiled the stalks to produce a drink used as a diuretic and to treat venereal disease.

Erigenia bulbosa, the Cherokee were known to chew it as medicine for toothaches, it is unknown what parts of the plant they chewed.

Eriodictyon californicum (Yerba Santa), Native Americans used to treat asthma, upper respiratory infections, and allergic rhinitis. The Chumash used it to poultice broken bones, wounds, insect bites, and sores. A steam bath was used to treat hemorrhoids.

Eriodictyon crassifolium, used by the Chumash to keep airways open for proper breathing.

Eriodictyon trichocalyx (Yerba Santa), used by the Cahuilla to pure blood and to treat coughs, colds, sore throats, asthma, tuberculosis, and other problems. It was also used as a liniment, a poultice, and a tea bath to treat rheumatism, fatigued limbs, sores, and fevers. The Chumash also used this as a liniment for the feet and chest.

Eryngium aquaticum, used by the Cherokee for nausea, by the Choctaw people used it as a remedy for snakebite and gonorrhea, and by the Delaware people for intestinal worms.

Erythrina herbacea, [Creek](#) women used an [infusion](#) of the root for [bowel](#) pain; the [Choctaw](#) used a [decoction](#) of the leaves as a general tonic; the [Seminole](#) used an extract of the roots for digestive problems, and extracts of the seeds, or the inner bark, as an external rub for [rheumatic](#) disorders.

Eurybia macrophylla (bignonea aster), used as both food and medicine.

Evening primrose (*Oenothera biennis*) Onagraceae For premenstrual and menstrual pain, obesity, and bowel pains

Garlic (*Allium sativum*) Liliaceae diuretic, expectorant, mild cathartic; for scurvy, asthma, and prevention of worms Stimulant, carminative, and cholesterol

Gaultheria hispida (creeping snowberry) Infusion of leaves used as a tonic for overeating by the Algonquin people. Fruit is used as food. Used as a sedative by the Anticosti. Decoction of leaves or the entire plant taken for the unspecified purpose by Micmac. Leaves used by Ojibwa people to make a beverage.

Gaultheria procumbens, used by various tribes.

Gentiana villosa, **Catawba** Indians used the boiled roots as medicine to relieve back pain.

Geranium maculatum, used by the Mesquakie tribe to brew a root tea for toothache and for painful nerves. They also mashed the roots for treating hemorrhoids.

Ginseng (*Panax quinquefolius*, *Panax ginseng*, *Eleutherococcus senticosus*) Araliaceae: Tonic, expectorant; for fevers, tuberculosis, asthma, and rheumatism; of mental powers

Goldenseal (*Hydrastis canadensis*), Ranunculaceae, Tonic; for fever, whooping cough, and pneumonia, referred to by Prof. Benjamin Smith Barton in his first edition of Collections for an Essay Toward a Materia Medica of the United States (1798), as being used by the Cherokee as a cancer treatment.

Gutierrezia microcephala, used by the Native Americans for various reasons. The Cahuilla used an infusion of the plant as a gargle or placed the plant in their mouths as a toothache remedy. The Hopi and Tewa both used the plant as a carminative, as prayer stick decorations, and for roasting sweet corn.

Hamamelis virginiana, also known as Witch Hazel. Native Americans produced witch hazel extract by boiling the stems of the shrub and producing a decoction, which was used to treat swellings, inflammations, and tumors. Early Puritan settlers in New England adopted this remedy from the natives, and its use became widely established in the United States. It is a flowering plant with multiple species native to North America. It has been widely used by Native Americans for its medicinal benefits, leading white settlers to incorporate it into their medical practices. An extract of witch hazel stems is used to treat sore muscles, skin and eye inflammation, and stop bleeding. Witch hazel is utilized by many tribes, including the

Menominee for sore legs of tribe members who participate in sporting games, the Osage for skin ulcers and sores, the Potawatomi in sweat lodges for sore muscles and the Iroquois in tea for coughs and colds. Witch hazel works as an astringent, a substance that causes the constriction of body tissues. The tannins and flavonoids found in witch hazel have astringent and antioxidant properties, respectively, which are thought to contract and protect blood vessels, thereby reducing inflammation. However, modern witch hazel extracts are often distilled and do not contain tannins due to health concerns.

Heracleum maximum, used by various [Native American](#) peoples. Perhaps the most common use was to make [poultices](#) to be applied to bruises or sores. An infusion of the flowers can be rubbed on the body to repel flies and [mosquitoes](#).

Holodiscus discolor, used by Indian tribes, such as the Stl'atl'imx. They would steep the berries in boiling water to use as a treatment for diarrhea, smallpox, chickenpox and as a blood tonic.

Holodiscus dumosus, used by the Paiute and Shoshone as medicine for problems such as stomachaches and colds.

Hydrangea arborescens, used in the treatment of kidney and bladder stones.

Hydrangea cinerea, used by the Cherokee.

Ilex verticillata, used by Native Americans for medicinal purposes, is the origin of the name "fever bush."

Iris missouriensis, the roots of which were used by some Plateau tribes to treat toothache.

Jeffersonia diphylla – the Cherokee reportedly used an infusion of this plant for treating dropsy and urinary tract problems, it was also used as a poultice for sores and inflammation. The Iroquois used a decoction of the plant to treat liver problems and diarrhea.

Juniperus communis – Western American tribes combined the berries of *Juniperus communis* with *Berberis* root bark in herbal tea. Native Americans also used juniper berries as a female contraceptive.

Juniperus scopulorum, the leaves and the bark of which were boiled by some Plateau tribes to create an infusion to treat coughs and fevers. The berries were also sometimes boiled into a drink used as a laxative and to treat colds.

Krascheninnikovia lanata, used for a wide variety of ailments.

Larrea tridentata, that is used by Native Americans in the Southwest as a treatment for many maladies, including sexually transmitted diseases, tuberculosis, chicken pox, dysmenorrhea, and snakebite. The shrub is still widely used as a medicine in Mexico. It contains nordihydroguaiaretic acid.

Lobelia, used to treat respiratory and muscle disorders, and as a purgative. The species used most commonly in modern herbalism is *Lobelia inflata* (Indian tobacco).

Mahonia aquifolium, used by some Plateau tribes to treat dyspepsia.

Mahonia nervosa, an infusion of the root of which was used by some Plateau tribes to treat rheumatism.

Mahonia repens, used by the Tolowa and Karok of Northwest California used the roots for a blood and cough tonic, as well as by other tribes for various purposes.

Malosma, the root bark of which was employed by the Chumash to make an herbal tea for treating dysentery.

Menispermum canadense, Cherokee used as a laxative, and as a gynecological and venereal aid. The root was used for skin diseases. The Lenape used it in a salve for sores on the skin.

Osmunda claytoniana, used by the Iroquois for blood and venereal diseases and conditions.

Pectis papposa, used as food and medicine.

Persicaria amphibia, used medicinally.

Pinus quadrifolia, used by the Cahuilla by taking the resin and making a face cream usually used by girls to prevent sunburn. The resin was also used as a glue for fixing pottery and reattaching arrowheads to the arrow shafts. The nuts were given to babies as an alternative for breast milk; were ground then mixed with water as a drink; were roasted; were ground into mush, and were an important trade item. The pine needles and roots were materials for basketry and the bark was used as the roofing material of houses. The wood was burnt as firewood because of its high combustibility and incense for the pleasant smell it emitted when burnt. The Diegueno also ate nuts and seeds.

Pinus strobus, the resin of which was used by the Chippewa to treat infections and gangrene.

Pluchea sericea, used as an antidiarrheal and eyewash.

Podophyllum peltatum, used as an emetic, cathartic, and anthelmintic agent. They also boiled the poisonous root and used the water to treat stomach aches.

Populus tremuloides, the bark of which contains a substance that can be extracted and used as a quinine substitute.

Poultices of Umbellularia leaves were used to treat rheumatism and neuralgias. A tea was made from the leaves to treat stomach aches, colds, sore throats, and to clear up mucus in the lungs. The leaves were steeped in hot water to make an infusion that was used to wash sores. The Pomo and Yuki tribes of Mendocino County treated headaches by placing a single leaf in the nostril or bathing the head with a laurel leaf infusion.

Prunus emarginata, used by Kwakwaka'wakw and other tribes for medicinal purposes, such as poultices and bark infusions.

Prunus virginiana, the root bark of which was once made into an asperous-textured concoction used to ward off or treat colds, fever and stomach maladies by Native Americans.

Pseudognaphalium obtusifolium, ssp obtusifolium.

Ribes aureum, used as medicine by several tribes.

Ribes divaricatum, used by various tribes in the Pacific Northwest.

Ribes glandulosum (skunk currant), used in a compound decoction of the root for back pain and for "female weakness" by the Ojibwa people. The Cree people use a decoction of the stem, either by itself or mixed with wild red raspberry, to prevent clotting after birth. The Algonquin people use the berries as food.

Ribes laxiflorum, used an infusion to make an eyewash (roots and or branches, by the Bella Coolah). Decoctions of: bark to remedy tuberculosis (with the roots, by the Skokomish); or for

the common cold (Skagit): leaves and twigs, as a general tonic (Lummi).

Ribes oxycanthoides, used medicinally.

Sage is a small evergreen shrub used to treat inflammation, bacterial or viral infection and chronic illness. Commonly cured conditions include cramping/pain, bloating, bleeding, bruising, skin disease, cough, excessive sweating, menstrual cramps and flu as well as depression, obesity heart disease and cancer. Sage can be administered in tea, food, as a poultice or in smoke. Sage contains multiple essential oils as well as tannins and flavonoids, which have "carminative, antispasmodic, antiseptic, and astringent properties." In addition to being used in modern food preparation, sage is still utilized for herbal and pharmaceutical medicines with strong evidence supporting its impacts. The following table examines why various tribes use sage.

Salvia apiana, several tribes used the seed for removing foreign objects from the eye, similar to the way that Clary sage seeds were used in Europe. A tea from the roots was used by the Cahuilla women for healing and strength after childbirth. The leaves are also burnt by many Native American tribes, with the smoke used in different purification rituals. A study performed at the University of Arizona in 1991 demonstrated that *Salvia apiana* has potential antibacterial properties against *Staphylococcus aureus*, *Bacillus subtilis*, *Klebsiella pneumoniae*, and *Candida brassicae*.

Salvia mellifera, the leaves and stems of the plant were made by the Chumash into a strong sun tea. This was rubbed on the painful area or used to soak one's feet. The plant contains diterpenoids, such as aethiopinone and ursolic acid, that are pain relievers.

Senegalia greggii, the fresh pods were eaten unripe by the Chemehuevi, Pima, and the Cahuilla. The Cahuilla dried the pods then ground them for mush and cakes, the Havasupai ground it to make bread flour, and the Seri ground it into meal to mix with water and sea lion oil for porridge. The Diegueno used it as food for domesticated animals. The Cahuilla and Pima used it for construction material and firewood. The Havasupai split the twigs to make basket material and used bundles as a broom for dusting off metates. The Papago broke the twigs in half to make baskets and were curved to make difficult weaves in the baskets. The Pima piled dried bushes for a brush fence and used the branches for cradle frames too. The Papago deer hunters wore the branches as a disguise as a deer, and the buds and blossoms were dried for perfume pouches. The branches were used to dislodge saguaro fruits from the body, and the rods were used to remove flesh from animal skins. The Pima used the wood for bows.

Silene latifolia, subspecies *alba*: Infusion used by the Ojibwa as a physic. Note that this plant is not native to the Americas and was introduced by Europeans.

St John's wort (*Hypericum perforatum*), *Hypericaceae* (*Guttiferae*) For fever, coughs, and bowel complaints

Tobacco, previously used for a variety of medicinal purposes

Trichostema lanatum, used for a variety of medicinal purposes.

Trichostema lanceolatum, used by natives of northern California as a cold and fever remedy, a pain reliever, and a flea repellent.

Triodanis perfoliata.

Viburnum prunifolium, a decoction of which was to treat gynecological conditions, including

menstrual cramps, aiding recovery after childbirth, and treating the effects of menopause.

Virginia iris – Cherokee and other tribes in the southeastern United States are known to have used Virginia iris for its properties. The root was put into a paste that was used as a salve for skin. An infusion made from the root was used to treat ailments of the liver, and a decoction of the root was used to treat "yellowish urine." Virginia iris may have been one of the iris species used by the Seminole to treat "shock following alligator-bite."

Willow trees, the inner bark, has been used by Native American groups for health issues including headache, bleeding cuts, skin sores, fever, and hoarseness, menstrual cramping, stomach pain and diarrhea. The bark is most often made into a tea and drank, though it is also made into a poultice to cover the skin over broken bones or used to wash skin and hair to promote skin repair and hair growth. Willow bark contains salicin, a compound similar to aspirin that has anti-inflammatory, antipyretic, and analgesic properties. The following table examines why various tribes use willow. One reason for the vast differences in the use of the willow is that there are many ways to prepare it and these different preparations allow for it to be utilized in different ways. For example, the Thompson people would make a concoction of wood, willow, soapberry branches and "anything weeds" to treat broken bones. If they wanted to treat a cold, however, the Thompson people would make a decoction of red willow branches and wild rose roots.

Yucca glauca, used by the [Blackfoot](#), [Cheyenne](#), [Lakota](#), and other tribes.

Conclusion

Thank you for reading the second book in this series. Nature, of course, has not always been regarded with apprehension. For one, the Native Americans believed that herbs and even animals' organs were full of enormous healing powers. During their various curing rituals, they also called on the spirits of animals for help. It was believed that various species had special characteristics and qualities, such as cunning, intellect, and courage. During healing rituals.

Herbs can be used alone or mixed with other herbs because many herbs have different medicinal properties that activate more than one body's physiological function.

The use of herbal remedies was passed down from generation to generation through oral traditions, and from patient to healer.

The Native American use of plants is deeply rooted in spirituality and spirituality plays an important role in the healing process. In Native American culture, certain plants are deemed to have a specific religious significance, especially those thought to be used by spirits or gods. These spiritual beliefs are intertwined with their traditional medicinal practices and any clinical studies must take these beliefs into account for them to be truly effective.

Herbal remedies are commonly used by patients who access conventional health care. Few have been shown to have beneficial effects beyond those of conventionally regulated products, and they may be costly, adulterated with dangerous additives, inherently toxic, or cause the patient to forgo potentially curative care.

To benefit from Native American medicine, it is essential to know that much research goes into these treatments and drugs in their traditional form and modern-day medication. They use science and ancient herbal knowledge to find the best plants and herbs that are most beneficial. Many of them work on multiple levels, so one form of treatment can treat physical ailments or be used for spiritual or soul problems.

If you need help understanding what a particular herb does to your body before deciding to use it, you should consult your physician before deciding to use herbs or other "herbal remedies" for your health.

Good luck.

BOOK 3: NATIVE AMERICAN HERBAL REMEDIES

Introduction

Any of the plants used by Native American physicians can now be found in commercial stores around the world. This book contains steps on how to take the natural remedies that Native Americans used with regularity and incorporate them into your own life. Unlocking the secrets behind the great health practices of these ancient tribes could be the key to curing many of the diseases and illnesses that plague us today.

Native American healers worked differently, assisting the body and the spirit to react by themselves rather than offering an immediate cure.

Nature, being a generous mother, gave men all they need to heal within the reach of their hands filling the lands, meadows, and mountains with herbs and flowers that contained within themselves the power to stimulate the healing process.

HERBALISM expands further than the historical backdrop of humanity. Everything that we realize today follows the strings from the earliest starting point, woven together into an embroidered artwork of information that we will, in general, underestimate. However, it is normal to search out plants for medication, as creatures do.

The fact that you are putting all this effort shows a real dedication and commitment to taking matters of your health seriously. There are many prescription drugs out there. However, it doesn't mean that they are the only options available.

For simple ailments, you can always resort to herbal remedies like the ones we will discuss in this book. There is no need to create dependency on prescription drugs.

Starting out learning herbalism and plant-based home remedies can be difficult, but I hope, and I'm sure, that this book has been an excellent primer for you to continue your journey, get acquainted with the plants, select which ones work best for you, and to empower healing at home.

Chapter 1: Remedies

Some of the following recipes call for adding witch hazel, beeswax, or honey. Unless otherwise specified, use a gentle oil such as olive oil or sunflower oil for creating an herbal oil.

Witch Hazel (*Hamamelis virginiana*) grows as a shrub in eastern North America. Apply the bark as an astringent poultice for various irritations and inflammations such as bruises and sports injuries. Use witch hazel preparations internally to stop bleeding and excessive menstruation.

In order to add witch hazel to the following recipes, an infusion can be made by soaking 1 tablespoon of bark in 1 cup of water for 30 minutes, then brought to a boil and simmered for 10 minutes with the lid on, then steeped for 10 minutes, strained, and stored in a bottle. Alternatively, purchase witch hazel in drug stores, or use a decoction of white willow bark instead.

If symptoms are not improving with an herbal remedy, cut back on the remedy and rethink, try a different remedy. Just like pharmaceutical preparations, not all medicines will work the same for all people.

Inflammation

Blackberry

This wonderfully delicious berry may be the answer to your inflammation. With a botanical name of *Rubus fruticosus*, Native Americans have employed the root-bark and leaves of the blackberry for a variety of physical conditions.

Blackberries grow in northern temperate areas and can be found in abundance on both the east and west coasts of North America.

How to Use: You can make a tincture out of the berries, or you can make blackberry tea or an infusion using the plants' leaves. Use two teaspoons of fresh leaves for each cup of water. Steep for about five minutes.

Buck Brush

The Cherokee called it Hummingbird Blossom and used it as an anti-inflammatory. Its botanical name is *Ceanothus*, with nearly 60 species native to North America, mostly in California and Oregon. The root of this plant holds its healing qualities.

How to Use: For the best results, make a tea from two teaspoons of the ground root for each cup of water, adjusting for your tastes. Steep it for about four minutes.

Insomnia

Insomnia is described as any trouble sleeping. Some people have difficulty falling asleep, and others can quickly fall asleep but do not stay asleep. Insomnia can be caused by various factors, including stress and nervous tension, excessive consumption of caffeinated beverages, and irregular sleeping habits.

Insomnia can cause fatigue and an inability to work at a high level of energy throughout the day. Irritability, daytime drowsiness, and memory failure are common symptoms of insomnia.

Natural Remedy: Passionflower

How to Consume: Sweet dreams tea

Recommended Dosage: 2 cups daily

How to Prepare Sweet Dreams Tea:

Ingredients:

- 2 teaspoons passionflower
- 2 teaspoons chamomile flower
- 1 cup boiling water
- 2 teaspoons catnip leaves
- 1 teaspoon hop

Instructions:

1. Combine the herbs mentioned above in a glass container; cover with boiling water; steep for 30 minutes; cool, and strain.

Best Time of the Day to Consume it: 1 hour before bedtime

Recommended Dosage Time: None

California poppy Tea: Make an infusion of dried California poppy flowers and add honey if desired. Drink after dinner or before bed to help promote healthy sleep.

California poppy Smoke: Fill a pipe with dried California poppy flowers, or roll the dried flowers into a cigarette to smoke before bed. Burn California poppy flowers on a lighted charcoal disk before bed to promote good sleep and relax the body. Add lavender to this blend if desired as well.

Chamomile

If you have insomnia, then you're already familiar with the relaxing qualities of chamomile. Instead of buying commercially prepared teas, why not try making your own from the fresh plant?

It has the botanical name *Matricaria chamomilla* and grows naturally in the northeastern region of the United States. You may find this hardy and invasive flower in other areas of the country as well.

How to Use: To prepare chamomile tea, use three to four tablespoons of the flowers for one cup of water. Steep this for five minutes. Drink it shortly before bedtime.

Hops

When you hear the word hops, does your first thought turn to beer? Beyond this traditional use, perhaps it's time to think of the relaxing powers this plant possesses in its own right. With the botanical name of *Humulus lupulus*, three varieties are native to North America and can be found in the southwestern and eastern regions as well as in the Midwest.

How to Use: Native Americans would fill a sachet with the herb inside a pillow to induce sleep. While you can do this or you can make tea from its flower cones. Use between two and five flowers for each cup of tea. Steep this between 20 and 30 minutes.

Fainting

Fainting is described as a brief loss of consciousness. You'll feel dizzy, lightheaded, or nauseous if you're about to pass out. Your vision may be "white-out" or "blackout." Your skin may be cold and clammy. At the same time, you lose muscle control and can fall.

Natural Remedy: Ginger

How to Consume: Ginger tea

Recommended Dosage: 1 cup of tea 3 times daily

Best Time of the Day to Consume it: After your meals

Recommended Dosage Time: 1 month

Fibromyalgia

Fibromyalgia is a disorder affecting a person's sensory processing system. It is characterized by widespread muscle pain and tenderness, accompanied by trouble sleeping, fatigue, memory, and mood issues. It amplifies painful sensations by affecting how the brain process pain.

Natural Remedy: Lavender and Peppermint

How to Consume: Essential oil blend

Recommended Dosage: Twice daily

How to Essential Oil Blend for Massage:

Ingredients:

- 25 drops lavender oil
- 25 drops peppermint oil
- 25 drops eucalyptus oil
- 25 drops ginger oil
- 25 drop sandalwood oil

Instructions:

1. Mix the oils until blended and store in an amber bottle
2. Shake the bottle before using because the oils may separate
3. Dilute 3 to 5 drops to 2 tablespoons of carrier oil, such as coconut oil and virgin olive oil
4. Massage into the skin where need it

Best Time of the Day to Consume it: Anytime

Recommended Dosage Time: As long as the pain persists

Heartburn, Reflux, and Gerd

Nobody enjoys the sensation, and all of us have known it. The heavy, burning acid slowly creeping up the neck, putting pressure on the chest. Yet, it becomes incredibly irritating, affecting the lifestyle of those who struggle with GERD (gastroesophageal reflux disease).

But before you rush to the nearest medical store, there are GERD natural remedies you may attempt to relieve the unwelcome side effects of this unpleasant problem.

Peppermint Oil

The leaves of tea and sweets contain peppermint oil. Peppermint, though, was traditionally used in the treatment of:

Headaches

Colds

Indigestibility

Stomach disorders

Nausea

Sickness

Trusted Source study also reports better effects in people that take peppermint oil containing GERD. It's essential, though, that you have never use antacids and peppermint oil concurrently. In reality, it might raise the chance of heartburn.

Ginger Root

For the prevention of nausea, ginger root has traditionally been used. In reality, as short-term steps for pregnancy-linked morning sickness, ginger candy and ginger ale are suggested. Historically, some stomach problems, including heartburn, have been treated with ginger. It is claimed that it produces anti-inflammatory effects. It can decrease the esophagus's swelling and inflammation. When you consume too high, there are minimal ginger root-related side effects. Too much ginger could maybe cause heartburn. Too much ginger could cause heartburn.

Other Herbs

For the care of GERD, a variety of other herbs or botanicals are traditionally used. Even limited scientific data remains to confirm their efficacy. There are among these:

German chamomile flower

Garden angelica

Caraway

Licorice root

Turmeric

Thistle milk

Greater celandine

Lemon balm

Kidney Health

Cattail

The cattail is probably not a plant you think of as having healing properties, but the Native Americans made use of all parts of it. And it's an aid to the health of your kidneys.

Its botanical name is *Typha*, and eleven species grow in the wetlands of the United States. The cattail also goes by the name Corndog Grass and Bullrush.

How to Use: Every part of this herb can be used to increase your kidney health. The roots can be cooked and eaten. You can grill, bake or boil them until they are tender.

The pollen, which is the spike at the top of the plant, is an amazing source of protein. Boil them for 10 to 12 minutes.

Goldenrod

The Native Americans used this herb with the botanical name *Solidago canadensis* or *Solidago virgaurea* for centuries. This plant is an abundant source of vitamin C.

How to Use: Prepare a goldenrod tea using two tablespoons of its fresh flowers for every cup of water. Allow it to steep about 15 minutes before serving. If you'd like, sweeten it with honey.

Sinusitis and Stuffy Nose

Many natural home remedies, steam inhalation, including hydration, and adding a soft, wet towel to the face will make an individual feel better.

The most frequent source of sinus inflammation is a cold or virus, but a bacterial infection may also source it sometimes. An individual with sinus congestion can encounter the following, according to the CDC (Centers for Disease Control and Prevention):

Headaches, a runny or blocked nose, tiredness, a sore throat and coughing.

Remedies

Hydrastis Canadensis, widely known as Goldenseal, is often used for sinus infections in the United States since the 18th century. Goldenseal first appeared in 1852 in the US Dispensatory and has since held a famous role among the leading herbal medicines.

Goldenseal is the herb's premier anti-infection. Goldenseal's medicinal importance is due to its high Berberine content, which has been proven to have antibacterial and immunostimulatory efficacy.

While used for a wide range of ailments, one of garlic's essential activities (*Allium Sativum*) is antimicrobial, owing to the potent sulfur compounds it produces. It has shown that a variety of pathogenic species are significantly inhibited while not affecting the good intestinal flora. Also, garlic has properties that benefit the breathing system.

Sage (*Salvia Officinalis*), an herb rarely used medicinally in the US, has an illustrious past among European herbalists. Sage is also used as an herbal gargle for adults, including its solid antimicrobial activity and surprisingly aromatic and slightly spicy flavor.

Thyme (*Thymus Vulgaris*) was known primarily as a culinary herb and became famous as an antiseptic in the Middle Ages. Thyme's therapeutic powers derive mainly from its thymol, aromatic oils, and carvacrol, producing potent antifungal, antibacterial, expectorant, and respiratory relaxant effects. The critical therapeutic benefits of volatile oils are directed towards the respiratory system. Thyme is an excellent cough remedy that stimulates the immune system and simultaneously fights bacteria and viruses. Thyme stimulates phlegm fluidity and facilitates its expulsion.

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For curing sinus infections, traditional herbal systems respect diaphoretics. These medicines that facilitate transpiration release waste products and alleviate congestion. A classic example is a peppermint. These diaphoretics are better to drink warm.

For relieving fever and inflammation, cooling diaphoretics are used. Also, highly antimicrobial are the *Chrysanthemum Indicum* (Chrysanthemum flower) and the *Lonicera japonica* (Honeysuckle flower). Western diaphoretics include the (*Sambucus Nigra*) Elder flower, (*Achillea Millefolium*) Yarrow flower, and (*Eupatorium Perfoliatum*) boneset leaf. David Hoffmann, a noted British herbal expert, considers boneset the 'only treatment for relieving the related symptoms.'

Warming the diaphoretics treat these illnesses as well. Using them when chills are the principal symptom. Try the (*Ocimum spp.*) Basil leaf, which is preferred to suppress mucus within nasal passages in Ayurveda. Bacteria are destroyed by basil, and the immune system is activated. Cinnamon bark (*Cinnamomum*) is a diaphoretic, very powerful warming, used at a low dose, say 1/2 ounce, or in mixtures of medicinal beverages.

For similar infections, the (*Tilia cordata*) Linden flower is another diaphoretic utilized extensively in Europe but fairly little in this region. Noted German herbalist Rudolph Weiss states that an outstanding comparative analysis was conducted with (*Citrus aurantifolia*) Lime blossom against antibiotics in childhood respiratory infections. In reducing the severity and course of the disease, lime blossom tea was much preferable to antibiotics.

Sore Throat

Sore throats, particularly in the winter, are one of the most commonly reported illnesses. Usually, these are triggered by infections such as the common cold, flu and strep throat, and although these appear to be very unpleasant, they always go away after a week.

If it is a typical issue in your family, you might like to try building up the body's immune system by using herbal immunostimulants like Echinacea, Siberian ginseng, and astragalus. Healthy protection against viruses or bacterial infections, which cause sore throats, is a robust immune system.

Some traditional herbal remedies can give relief. Common ingredients for throat lozenges are menthol, the key fragrance parts of the essential oils of the Japanese mint, peppermint (*Mentha Piperita*), and eucalyptus oil (*Eucalyptus spp.*) To make swallowing less complicated, you may even make your soothing cough drops/teas from Licorice Root, Slippery Elm Bark, or Marshmallow.

Eucalyptus and Menthol

The only US FDA-approved herbal ingredients to relieve sore throats are eucalyptus oil and menthol, both local anesthetics. Commercial throat lozenges with menthol flavor usually contain

menthol around 1 and 10 mg, which might have been obtained from or synthetically produced from mint leaves.

In several cough drops, balms, ointments, nasal inhalers, and mouthwashes, eucalyptus oil is the element. The used amounts in these medications are generally considered secure.

In certain sore-throat lozenges, lemon oil, horehound, hyssop, linden flowers, and different natural ingredients just provide flavoring.

Slippery Elm

Since colonial times, the mucilaginous internal bark of the *Ulmus rubra* slippery elm has soothed the sore mucous membranes. For more than a century, throat lozenges of Slippery Elm, with their unique sweet scent as well as bland taste, had already stocked United States drugstore shelves.

The bark of this Native American tree is collected in early spring. Today, almost entirely in powdered/cut-and-sifted shape, Slippery Elm is available.

In addition to using the bark to cure their sore throats, it was often poulticed on burns, sores, boils, chilblains, and leprosy and syphilis lesions by early immigrants. Bark poultices became the primary remedy used during the U.S. Revolution for bullet wounds.

The bark of Slippery Elm has first introduced in the United States in 1820 Pharmacopoeia as an approved medicine for improving mucous membranes. Few pharmacies and health-food stores sell Slippery Elm lozenges but prefer to create a dense paste of powdered bark of Slippery Elm and honey, shape it into marble-sized balls, and then dust every lozenge with dry powder of Slippery Elm. They will be kept in a jar in the freezer forever.

Pour 1 cup of hot water over ½ teaspoon of the fine powder bark to produce a calming drink. Stir till the powder is dissolved, and then sip. Drink up to 3 cups a day.

Marshmallow

Althaea Officinalis (Marshmallow) roots and leaves a European native natural-born in North America, often produce mucilage, which can treat sore throats. In a sore throat followed by a dry cough, the German health authorities use leaves and roots preparations to relieve irritated mucous membranes.

The peeled root is known to be of better consistency than the source maintaining its outer bark, and the roots are known to be more effective than the leaves. Marshmallow is provided as teas, tablets, syrups, whole, cut and sifted, and powdered seeds.

Pour boiling water (1 cup) over 2-3 teaspoon of powdered root/a heaping tablespoons of the cut and sifted root, steep about five mins, strain, and taste, to create a good, calming tea. Please take 2-3 cups a day.

Marshmallow often activates the immune system slightly. It is usually safe to take both it and Slippery Elm, but its mucilaginous content can absorb and decrease the activity of several other drugs taken during that time.

Licorice

The usage of licorice root is decades old for the treatment of sore throats. The root, derived from many members of the genus *Glycyrrhiza*'s pea family, has a delightful, musty taste that is due to

a compound named glycyrrhizin, a glycoside of triterpene that is 50 times as sweet as sugar.

Licorice is commercially grown in Europe and Asia and is today valued there as a cure for sore throats and coughs, gastric ulcers, and inflammation.

Put 2 to 3 tablespoons of the chopped root in the quart of water to create a decoction and boil until the liquid decreases to half its original amount. To cure a sore throat, sip around 2 cups each day.

Do not surpass the regular dosage and discontinue usage after four-six weeks. Due to sodium retention and potassium depletion, prolonged use may result in water retention and high blood pressure. Pregnant mothers should not use licorice, persons with cardiac or liver problems, elevated blood pressure, and those using diuretics/digitalis.

Sprains and Strains

Strains and sprains are different. They have the same signs and effects, but they directly influence various areas of your body.

A break or an expansion of the ligament is a sprain. This is the tissue that binds together, which connects bones which cartilage to the joints.

A strain is a break in the muscle or tendon or a stretch. One must know what a muscle is, and the tendon is a tissue that binds the bone to the muscle.

The most frequent sprain occurs in the ankle, while strains in the lower back and hamstring may also occur.

They're referring to Grade 1 strain of the muscle when someone says, "I strained my muscle."

A Grade 2 strain is caused by additional muscle fibers tearing, creating additional pain and discomfort. Such strains need medical attention and can take a few months to be 100 percent cured.

A Grade 3 strain is extreme because there is a rupture of the muscle or tendon. Often, to reconnect the muscle or tendon, you can require surgery and the healing period is many months.

Arnica Homoeopathic

It's the first thing you can aim for, as this is a homeopathic cure. Inflammation, bruising, and pains are aided. This is the Arnica type only that is perfect for internal use.

Cream / Oil Arnica (Arnica Montana)

Typically, this one is produced with the Arnica herb and is really very quick to produce. You're not supposed to apply it on the skin that is broken. Use it when needed.

Symphytum Officinale (Comfrey)

This strong herb is perfect for tissue (as well as bone) healing. Using it in a soak or a compress.

Officinalis Calendula (Calendula)

This vivid, warm herb helps with inflammation and discomfort. For broken skin, it is safe. Use it in herbal infused oil, compress, or soak.

Rosmarinus Officinalis (Rosemary)

This is a warm herb that helps with healing, pain, and inflammation by bringing blood flow to the region. Inflammation is not a derogatory term. It's a soothing mechanism that our body has naturally. Instead of just getting rid of it, use herbs that aid recovery so that it eventually goes out. Use in a soak or compress.

Lavandula Officinalis (Lavender)

An essential oil and herb for inflammation and pain. Usage of soaked, compressed, herbal infused, or essential oils. A 25 percent dilution rate with Lavender EO, 25 drops/one teaspoon, is safe for acute use. It's for adults.

For children below 12, 2 drops/ teaspoon (2%) for acute use is fine.

Although Lavender essential oil is considered safe for "neat" application, there is still a threat over time of sensitization. That implies for the 1st, 2nd, or 3rd time you might not react, but if you choose to use it neatly... you might notice for you break out in hives or even have a significant reaction.

Skin Illnesses

For centuries, herbal remedies have persisted and been used to cure several conditions varying from slight stomach discomfort to cancer. Recent studies confirm the usage of herbs in the cure of multiple medical conditions.

Dr. Doris Day, a dermatologist at the N.Y. U. Medical Center in Manhattan, advises that "If I were to select just one natural cure for the treatment of skin disorders, aloe vera would be my number one preference. It has been commonly accepted as a special curing plant." Aloe Vera is used as a skin softener & moisturizer in its pure form. The gel has been used for decades to speed up wound recovery and fluid inside the plants. Not only does it enhance regeneration, but it also acts as topical pain relief. "Unfortunately, several of the items in the markets containing aloe vera may not have ample concentration of the substance in them to render them safe," Dr. Day says. Some reputable tests have shown that aloe vera is very effective in curing psoriasis, a relatively common disease that contributes to itchy skin and scalp red scaly patches.

Arnica

Arnica flower by tropical preparations is extremely useful for wound curing. As an analgesic (pain reliever), anti-inflammatory, and antiseptic cream, it is successful. Dr. Day also states that "this procedure is prescribed regardless of trauma or surgeries for bruising and swelling." The German government has licensed the usage of arnica for the healing of wounds.

Tea Tree

A tall evergreen growing in Asia and Australia is the tea tree. The leaves were used as an antiseptic for decades and were used as a disinfectant during World War I. More recently, oil has been extracted from the leaves to treat wounds, bug bites and other common skin issues. Both fungus and bacteria were shown to kill the oil. The oil is sold in supermarkets without a prescription and may be refined under different circumstances, if appropriate. Tea tree oil can be poisonous and can never be given orally.

Chamomile

It was used for the management of numerous medical conditions for centuries. For slight stomach, upset, dried and fresh flowers rendered into a tea is used as an oral scrub to treat

gingivitis and sore mouth lesions, and topically to promote wound healing and treat moderate skin conditions, such as hives, itchy lesions, and sunburn.

Cayenne

This spicy red pepper, also known as cayenne, has been used for a number of medical conditions, such as stomach ulcers, high blood pressure, poor circulation, skin and lungs infections. In order to optimize anti-inflammatory and antibacterial effects, several formulations blend capsaicin with other herbal ingredients. Capsaicin has been found to deplete the substance-P from nerve ends, which, according to Dr. Day, allows it an appropriate pain reliever. The discomfort can initially escalate, or there could be a burning feeling due to substance-P release, which is normally temporary.

Ineffectively treating skin disorders, several natural medicines are useful. Dr. Day insists that if the individual using them is allergic to any of the active compounds, such herbal remedies can cause adverse reactions. When a skin disorder continues or signs become worse, it is advised to see a doctor.

Candidiasis

To treat candidiasis, you can make an infusion of thyme, elderflower, and calendula. Drink 300–450 ml of the infusion daily. To prepare a pot of the infusion, use 8 g of each herb. Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, then pour some out into a cup, but don't exceed the dosage measurements. You can store the extra infusion in the fridge for up to 24 hours.

High Blood Pressure/Hypertension

Hawthorn and Yarrow Tincture: create a tincture by adding equal parts of hawthorn and yarrow to vodka and letting it infuse for 3 weeks. Strain and take 1-2 teaspoons of the tincture daily to lower high blood pressure.

The herbs used to help remedy mild hypertension are garlic, ginkgo, and ginger. While these herbs can help, so can a change in diet and activity level. Eating a high-fiber diet with low sugar can help to reduce hypertension. If any of these remedies cause you to feel severe chest pain, dizziness, faintness, discolored skin, or tingling, immediately seek medical care from a professional. If you are already taking medication for your high blood pressure, talk to your doctor before taking any herbal remedies.

You can eat 1–2 fresh garlic cloves each day. Remember to wait 10 minutes after crushing the garlic before eating it to get the most out of the herb.

Another option is to take ginkgo tablets. You can also grate 1 teaspoon of fresh ginger into your food or water every day.

Pink Eye

Oregon grape Tincture: Combine 1 teaspoon of an Oregon grape root tincture with 4 ounces of water, and sip before each meal until the condition clears.

For pink eye, you're going to use two herbs that haven't been discussed yet. Eyebright and cornflower can make an infusion for healing pink eye. To prepare the infusion, use 1 teaspoon dried of either herb, not both together, to 250 ml water. This is one dose. Make the infusion like

a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Let it cool until the infusion is warm, not hot, and then using a small cup, bathe your eyes. Don't use it more than twice a day.

Asthma

Asthma is a life-threatening respiratory condition that can lead to severe complications if not properly handled. Some basic home remedies are very useful and helpful in the treatment of this chronic disease. These home remedies can easily be prepared at home. All the ingredients in these home asthma remedies are conveniently found in your kitchen.

Spearmint tea

Getting some dried leaves, you can buy them or get them from the plants in your home garden.

Take 30 grams of dried leaves, even fresh will be fine, put a saucepan with about a liter of water on the stove, bringing it to a boil. Once this stage is reached, remove the saucepan from the heat and pour the Spearmint inside, if it is fresh make sure you have cleaned it well from any dust or soil.

After inserting the leaves, cover the saucepan with a lid to avoid dispersing essential oils and other properties. Keep everything in infusion for about 5 minutes in the case of dried leaves or at least 7 minutes in the case of fresh leaves, filter and consume as soon as it reaches a drinkable temperature.

Garlic.

Thanks to its anti-inflammatory effects, garlic is used as a natural medication to treat many illnesses, especially heart disease. Since asthma disease is inflammatory, it might seem sensible that garlic might also be helpful in relieving the symptoms of asthma. However, it is reported that no laboratory studies have been undertaken exploring the impact of garlic on the symptoms of asthma. Hence, its function remains unclear in the management of asthma. However, the usage of garlic as an additional option for asthma is also being checked.

Ginger

It is also known to ease inflammation, and a new report has found that oral ginger extracts are associated with improving the symptoms of asthma. However, the research did not indicate that ginger application contributed to any real change in lung function. It is therefore advised that this research be used as an alternative therapy for asthma to draw certain assumptions regarding the application of ginger. Further experiments are also being carried out to assess more closely whether or not ginger can regulate the effects of asthma more effectively.

Echinacea & the Licorice Root.

One research investigating the usage of a variety of various herbs to combat asthma showed that not only was Echinacea, an herb frequently used to treat infections of the upper respiratory, unsuccessful, but it was also correlated with a variety of side effects. The complications involved with the usage of Echinacea are worsening asthma, skin rashes & potential liver damage when combined with other drugs. Likewise, it has been found that licorice leaves, which have antioxidant and anti-inflammatory properties and are often used by people with asthma to soothe their lungs, are inadequate as a potential cure for asthma and are also correlated with adverse results such as high blood pressure. No clinical tests have proven that both Echinacea and

licorice root are effective asthma treatments and there have been several findings that in some people, Echinacea may worsen symptoms of asthma.

Turmeric.

Turmeric has been the focus of a variety of experiments, and some anti-allergy properties have been identified. It is assumed that turmeric, which may induce inflammation, affects histamines. However, before Turmeric can be identified as a safe and efficient natural treatment for asthma, more research must be performed.

Honey.

Honey, used to help soothe an irritated throat & calm a cough, is an ingredient of many cold and cough remedies. There is no evidence to support its use as an alternative therapy for asthma symptoms, although many people with asthma may try to blend honey with a hot drink for relaxation.

Omega-3s

Omega-3 fatty acids are also used as a natural therapy to avoid and cure cardiovascular disease effectively. Although some literature shows that omega-3s may also help minimize inflammation of the airway and improve lung capacity, there is still a great deal that is not understood regarding their role in the treatment of asthma.

Bites and Stings

A great alternative to insecticide, which also includes additives such as DEET and permethrin that may have harmful consequences on many, can be natural remedies.

As the phrase goes, "An ounce of protection is worth a pound of treatment," and when it comes to insect bites, this is no less real. For their insect-repellent effects, several essential oils (plants) are valuable. Pennyroyal, citronella, cedarwood, cinnamon leaf oil, eucalyptus, and catnip oil are a couple of the most popular. For making a bug spray, these may be applied to water. Notice that pregnant women should stop Pennyroyal. Alternatively, there are widely distributed citronella candles.

The main objectives are calming pain and curing the skin if you try your utmost to hold pests at bay, but sometimes wind up with a sting or bite. In this case, the following herbs could be beneficial.

Mentha Piperita (Peppermint)

Cooling peppermint oil and crushed leaves may soothe itchy or swollen bites.

Plantago Major (Plantain)

For insect bites, fresh plantain leaves may be used. New plantain leaves may be combined with bentonite clay & water to form a paste to produce a poultice. Alternatively, it is possible to chew a leaf and position it right over the bite.

Calendula Officinalis (Calendula)

Calendula oil and fresh leaves may soothe skin irritated, itchy, and can ensure effective bite and sting healing. With calendula, beeswax, & antiseptic essential oils, like rosemary, tea tree, and lavender, a basic salve may be produced.

Symphytum Officinale (Comfrey)

For multiple skin disorders, including rashes, scrapes, and injuries, Comfrey enriched oil or fresh juice through leaves may be used topically. It can alleviate scratching and discomfort due to bites and stings.

Hamamelis (Witch Hazel)

Witch hazel distillate is readily available in supermarkets, and for mild skin irritations, it is an over-the-counter relief. Integrate three parts of baking soda to 1.5 parts of witch hazel to make an itch-soothing potion.

These medicines are created from herbs & ingredients that are readily found. A few (or all) on hand is prudent, particularly in the summer months, when bites, stings, scratches, and scrapes eventually occur.

Calendula officinalis (calendula)

Calendula oil and fresh leaves can soothe bruised, itchy skin and will guarantee quick healing of bites and stings. With calendula, beeswax, & antiseptic essential oils, such as rosemary, tea tree, and lavender, a simple salve can be grown.

Symphytum officinale (Comfrey)

For different skin disorders, including rashes, scrapes, and bruises, Comfrey enriched oil or fresh leaf juice may be used topically. It can relieve itching and discomfort linked to bites and stings.

Hamamelissa (Witch Hazel)

Witch hazel distillate is commonly available in supermarkets, and for mild skin irritations, it is an over-the-counter relief. Integrate three components of baking soda into 1.5 components of witch hazel to make an itch-soothing potion. These drugs are produced from plants & ingredients that are easily found. A few (or all) on hand are wise, particularly in the summer months, when bites, stings, bruises, and scrapes eventually happen.

Blisters

Lavender and Calendula Blister Salve: Make a lavender oil by melting 3 ounces of coconut oil and adding 3 tablespoons of dried lavender. Leave the oil in a covered container in a warm window for 2 weeks. Slowly heat the oil on the stove, and then strain the lavender out. While the coconut oil is still warm, add 1 ounce of calendula oil prepared with jojoba oil. Mix the oils together and transfer them to a jar or tin with a lid. Cool completely. Apply the salve to a blister and add a bandage if desired. Reapply as needed. Keep in a cool, dry place between uses.

Blood Thinner

Ginger tincture: Prepare a tincture with fresh ginger root and vodka or brandy. Once the ginger has infused into the alcohol, strain the mixture and place it in a bottle with a dropper. Take 2 teaspoons of the tincture daily to help with blood thinning. If it is difficult to take as a tincture, add the mixture to hot water.

Bug Bites

Aloe Vera-Peppermint Gel: To relieve swelling and itching of a bug bite. Add 1 part of peppermint oil (using coconut oil is a good choice) to seven parts of Aloe Vera gel. Keep a batch

of this gel in the refrigerator indefinitely.

Clearing Toxins

Dandelion Tonic: Steep 2 teaspoons of chopped dandelion root in 1 ½ cups water with 2 teaspoons of honey. This helps the liver, kidneys, and spleen to clear toxins from the body and is especially useful while recovering from substance abuse – drink 2 cups daily.

Depression

There is no denying that herbal remedies are increasingly common for treating depression every day. Many in the world have noticed how effective these natural remedies have been and have changed from pharmaceutical medications to herbal remedies for better results.

Depression is a psychiatric illness that affects millions every year around the world. Depression treatment involves drugs, behavioral therapy, and improvements in lifestyle. Antidepressants have traditionally been the only acceptable solution to the treatment of depression. In more recent times, it becomes clear that more and more people are starting to embrace herbal remedies and turning their attention to them. There are a few really valid explanations for this.

- Herbal and homeopathic medicinal products are very effective. They can deal very well with both the causes and symptoms of depression. Taken regularly, they can significantly improve the physical and mental health of the individual in a relatively short period.
- They are healthy to eat. These natural remedies do not cause any side effects, unlike antidepressants. There is no chance that these drugs may also have withdrawal effects.

Fresh Ginseng Root

You can take a daily dose of ginseng of about 1 or 2 grams in the morning or early afternoon for up to three consecutive months, take a short break during this period. Do not take Ginseng after 4 pm to avoid insomnia problems.

Ginseng root is used in the kitchen in many different ways for the well-being of the whole body. In order to use the fresh ginseng root, it must be washed well and steamed for about 5 minutes to soften it.

Afterward, you have to cut it into slices.

To prepare an infusion, simply add 2 slices of fresh ginseng root to a cup of hot water.

You can also add grated or sliced Ginseng root to soups, purées or broths.

Ginger, Lavender, and Lemon balm Tea: Create a mixture with equal parts of dried ginger, lavender, and lemon balm. To make a cup of tea, add 1 teaspoon of this mixture to 1 cup of boiling water and steep for 5 minutes. Drink before bed for nervous tension and mild depression.

Lemon balm, Lavender, and Mint Tea: Make the tea mixture with three parts of dried lemon balm to 1 part each of lavender and spearmint. To make a cup of tea, use 1 tablespoon of the mixture in 1 cup of boiling water and steep for 15 minutes. Flavor with lemon or honey if desired. Drink up to 3 cups daily to help with minor depression.

Diabetes

Diabetes Infusion: Add 10 drops of a ginseng tincture and 20 drops of an Oregon grape root to $\frac{1}{3}$ cup of warm water. Drink this up to three times per day.

Diaper Rash

Combine 2 cups of fine cornstarch with $\frac{1}{2}$ cup of finely ground sage. Blend well and store in a small, clean jar. Use the powder after baths to help prevent diaper rash.

Indigestion and Gastrointestinal Issues

Ginger Tea: Steep 1 tablespoon of fresh ginger root in 1 cup of boiling water. Add honey if desired. Drink after meals to soothe indigestion.

Sage and Peppermint Tea: Infuse 1 tablespoon each of sage and peppermint in 1 cup of water. Add honey if desired. Drink after meals to soothe indigestion.

Goldenseal and Comfrey infusion: In $1\frac{1}{4}$ cups of water, infuse 1 tablespoon each of goldenseal and comfrey. Steep for 10 minutes, then strain. Add honey if desired. Drink 1 cup 3 times daily while recovering from GI distress. This mixture promotes circulation within the GI tract, improving digestion and helping to balance intestinal flora.

The digestive system is responsible for food intake, food metabolism, nutrient absorption, and waste disposal.

Digestion in the mouth begins. When we chew our food, digestive juices containing the enzyme known as amylase are secreted in both the mouth and the lower intestines. Amylase breaks down stubborn foods like pieces of bread, potatoes, rice, and pasta.

The stomach contains very heavy hydrochloric acid. It would burn a hole through the region if it were located other than the stomach, which is covered by a layer of mucus. The stomach also contains pepsin, an enzyme that breaks down proteins such as meat, beans, nuts, and seeds, along with hydrochloric acid. Stomach food passes into the small intestine and is further broken down by pancreatic juice, which contains trypsin enzymes, which break down protein, and lipase, which breaks fats along with amylase. Then the gall bladder secretes a digestive juice known as the bile that comes from the liver. Bile helps to absorb fat in the small stomach.

Decoct of Fennel

Put a cup of water and a spoonful of fennel seeds in a saucepan; put the saucepan on the stove, cover with a lid and bring to a boil, then boil for about 30 seconds.

Turn off the heat and leave to infuse for about 5 minutes. After the necessary time, if the decoction has cooled a little, heat it for a few seconds, then filter it with a tightly meshed strainer. If you want, add honey.

Drink or serve hot fennel decoction after meals, it is recommended in the evening before going to sleep.

Oregon grape Tea: Simmer 2 teaspoons of dried root in 1 cup of water for 15 minutes. Strain and sip before each meal to help aid in digestion.

Sweet Flag-Ginger Tea: Add 1 teaspoon of dried ginger root and 1 teaspoon of dried sweet flag rhizome and root to 1 cup of carbonated water. Let it sit and steep in the carbonated water for a few minutes, then strain and drink. Sweeten with honey if desired. Make this mixture fresh and drink it soon after making it to retain some of the bubbles in the water. Good for acid reflux and

general indigestion.

Wormwood Tea: Add 1 teaspoon of dried wormwood leaves to 1 cup of water and steep for 5 minutes. The leaves can be strong and bitter, so do not steep too long. For best effect, do not use any sweetener. Add some peppermint leaves if desired to make the mixture more palatable.

Yarrow-Peppermint Tincture: Infuse ½ part each fresh yarrow and peppermint in 2 parts of strong alcohol. Keep the mixture tightly capped for 2 weeks in a sunny space. Strain the liquid into a dark-colored bottle with a dropper. Take ½ dropper as needed for upset stomach or nausea.

Bronchitis, Pneumonia, and Chest Cold

Most of us got a typical cough. However, it occurs in a respiratory condition known as bronchitis because this simple cough is followed by serious symptoms such as breathlessness and phlegm. A cough or flu further compromises the immune function, and people are then at a greater risk of contracting bronchitis. If not managed, persistent bronchitis will progress to asthma and chronic obstructive pulmonary disease (COPD), which may be life-threatening. Bronchitis may also be divided into acute or recurrent, much like any other disease. Inflammation or swelling of the bronchial tubes that hold oxygen between the lung, mouth, and nose. Those dealing with bronchitis find it very hard to inhale oxygen into the lungs. A frequent source of bronchitis is inhaling toxic fumes & air that includes pollen. For certain people who are dealing with bronchitis, inhaling toxic air may be worse.

Smoking induces cells to create more mucus than usual, allowing the bronchial tubes to become inflamed. This mucus also has the potential to cover the whole lining of bronchi, contributing to the buildup of bronchitis-causing harmful bacteria. This worsens the bronchitis state of the person suffering. Symptoms of bronchitis include phlegm or dry cough, fever, shortness of breath, and fatigue too.

Juniper Steam: Prepare a strong decoction with juniper berries and twigs by simmering in water for 15 minutes. Take the pot off the stove and stand over the pot with a towel to trap the steam. Inhale the steam for 15 minutes to help with bronchial congestion and lung inflammation.

Pine Steam: Boil 2-3 handfuls of pine twigs and needles in 4 pints of water and simmer for 5 minutes. Remove from the heat and place your head over the pot, covering with a towel to trap the steam. Inhale the steam for 15 minutes to help clear the lungs.

1. Saunth (dry ginger), Pipli (long pepper), & Kali Mirch (black pepper)

In the event of swelling bronchial passages, Saunth has anti-inflammatory properties that offer relief. In helping to get rid of nasal inflammation, Kali Mirch is truly successful. Long pepper, or pipli, is well recognized for its anti-inflammatory effects. Ayurveda specialist BN Sinha recommends that all three components be combined with honey in powdered form and that the mixture be eaten for immediate results three times a day.

2. Juice of Giloy

Giloy (*Tinospora Cordifolia*) is an herb which was used and changed in the medicine of Indian for decades, derived from Ayurveda. On the lining of the neck, Giloy has a supportive cushion and hence allows the inflamed bronchial lining to offer relief. For relaxation, consume the juice once in the morning and once in the evening.

3. The Warm Water

Increase the absorption of water and limit yourself to consuming just hot water. It will help to decrease lung swelling and soothe the track. Sometimes, physicians prescribe improved water consumption following a bacterial cough and a cold.

4. Soup of Tomato

Apart from becoming a winter reliever, tomato soup is extremely high in vitamin C, which tends to prevent prolonged mucus production in the midst of bronchitis. Only consume tomato soup twice a day, at the very least. Put some freshly ground pepper on top to make tomato soup, so it becomes a sumptuous meal that is safe, wholesome, and extremely good for you.

5. Trikatu and the Garlic Powder

It is recommended to mix and dry four parts of garlic powder and one part of trikatu, plus a small amount of honey, twice a day. Although garlic in any kitchen is a popular ingredient, it was highly prized in ancient times for its numerous health-beneficial properties that are still followed today in many cultures.

6. Broth of ginger

Ginger, especially in Ayurveda healing, has numerous advantages. Ginger has characteristics that are very good in cough therapy. If it is not ginger soup, you may drink ginger tea, which is just as effective. The ginger powder is obtained from the ginger root, which is ground. It is a thin off-white substance with a potent fragrance and a pungent flavor, or more brownish.

Erectile Dysfunction

Make a decoction with 1 tablespoon of ginseng root and 1 cup of boiling water. Add 2 teaspoons of honey and steep for 15 minutes. Drink twice daily for 3 days, then discontinue for 2 weeks. Repeat the cycle for as long as desired.

Eye Problems

Calendula Eyewash: Make a calendula infusion with 1 teaspoon of ground calendula flowers in 2 cups of boiling water. Soak a clean cloth in $\frac{1}{4}$ cup of this mixture and lay over closed eyes to soothe swollen, irritated eyes.

Eyebright-Goldenseal Compress: Make a weak infusion with 1 teaspoon each of dried eyebright blossoms and dried goldenseal in 1 cup of boiling water. Let steep for 10 minutes. Soak a clean cloth in the infusion, wring it out, and lay down with the cloth over the eyes for 15 minutes.

Fever

Moringa

Moringa is indeed a tropical plant with a variety of uses in terms of diet and medicine. Vitamins, nutrients, antibacterial agents, and antioxidants are present in almost all areas of the plant. 2014 research by Trusted Source showed that moringa bark decreased fevers in rabbits.

A few pieces of evidence show that it could be gentler against the liver than other medications such as acetaminophen.

Do not use moringa when you:

Are in pregnancy.

Taking drugs like lovastatin (Altoprev), ketoconazole, and fexofenadine (Allegra) are substrates of cytochrome P450.

Intake of moringa leaves contributes to an unusual skin and mucous membranes condition named Stevens-Johnson syndrome (SJS) from one case study. It means that individuals at risk of having SJS should stop the usage of moringa. It's the first recorded occurrence, though, and the reaction can be regarded to be very unusual.

Kudzu Root

The root of kudzu is indeed an herb that has been used in Chinese traditional medicine. That has an anti-inflammatory effect and can lead to pain relief. 2012 research also indicates that it decreased fevers in rats, but the trials are required in humans.

Stop using kudzu root when you are:

Taking tamoxifen

Hormonally sensitive cancer, like breast cancer

Taking Rasuvo Take Rasuvo (methotrexate)

Consult the doctor if you are taking diabetic medicine before you start kudzu root. It can result in low blood sugar, requiring a medicine change.

Diaphoretic Herbs

There is a word called diaphoretic in herbalism. When an herb has such a diaphoretic activity, it indicates that the herb promotes sweating. They get it by enhancing the skin's excretory glands and their impact, which can be stimulating. They are working, keeping the removal pathways open, facilitating blood supply through the bloodstream, and eliminating the toxins that develop as the body reacts to infection.

The added value of utilizing herbs as the medication is that it is possible to adapt variations to meet the patient's particular situation and terrain. Meadowsweet (*Filipendula Ulmaria*) Herbs like catnip (*Nepeta Cataria*), yarrow (*Achillea Millefolium*), elderflower (*Sambucus Nigra*), lime blossom (*Tilia spp*), including peppermint (*Mentha Piperita*) are widely used for diaphoretics.

Fever Tea: Steep a mixture of equal parts of yarrow, elderflower, peppermint, and ginger in 1 cup of boiling water. Strain and drink 3 times per day, or hourly if the fever is high.

Ginger Foot Balm: Add 2 tablespoons of finely grated ginger to 1 ounce of sesame oil. Leave in a warm place for 24 hours or more, and strain into a clean jar. Keep the jar in the refrigerator between uses. Apply after showering or bathing and at night.

Peppermint compress for fever: Soak a clean cloth in an infusion of peppermint. Wring out any excess moisture, and place on the forehead or the back of the neck for 15 minutes.

Peppermint-Yarrow tea for fever: Make an infusion of 1 ounce each dried peppermint and dried yarrow in 4 cups of water. Drink 1 cup of the infusion 3 times per day for up to 3 days.

Urinary Tract Infection

Cranberry-Green Tea Tonic: Place 4 bags of green tea in 4 cups of boiling water and steep for 15 minutes. Discard the tea bags, and then add 4 cups of unsweetened cranberry juice. Add honey if desired for sweetness. Drink the entire amount daily each day while fighting a urinary tract

infection.

Saw palmetto Tea: Infuse 1 tablespoon of dried saw palmetto in 1 cup of hot water. Steep for 15 minutes, then strain. Add honey if desired. Drink twice daily for up to 3 days.

Varicose Veins

Make a mixture of 6 ounces of witch hazel with 2 ounces of lavender oil. Place the mixture in a spray bottle, and spray the affected area as needed to help alleviate pain and inflammation while helping to tone and tighten the skin.

Flatulence

Peppermint Tea: Steep 2 tablespoons of dried peppermint in 1 cup of water. Strain and add honey if desired. Sip after the last meal of the day, or after foods that typically cause flatulence to help stop the gas.

Headache

Lavender-Lady's Slipper Compress: Create a strong infusion with equal parts of lavender and lady's slipper and apply to the forehead with a clean cloth.

Lavender-Peppermint Compress: Combine three parts of lavender oil with 1 part of peppermint oil, and massage forehead, temples, back of the neck. For headaches accompanied by fever or nausea, lay a warm cloth or hot water bottle over top. For a tension headache, apply a cool cloth.

Hemorrhoids

Goldenseal Liniment: Prepare a liniment with 2 tablespoons of powdered goldenseal infused in 1 pint of witch hazel. Do not create this liniment with isopropyl alcohol as it can cause a burning sensation on broken skin.

Multivitamin

Multivitamin Tea: Make a mixture of equal parts of dried nettle, dandelion leaf, and spearmint. Add 1 teaspoon of the mixture to 1 cup of boiling water and steep for 5 minutes. Drink daily to nourish the body and the soul.

Nausea

Peppermint Ginger Tea: Steep 1 tablespoon of dried peppermint leaves and 1 teaspoon fresh ginger root in 1 cup of water for 15 minutes. Strain, and add honey if desired. Also works well for morning sickness.

Mouth Ailments

Cold Sores and Herpes

For cold sores, you can use a tincture of echinacea. Take ½ teaspoon tincture with water 2–3 times a day.

Another remedy is to take an infusion of St. John's wort and drink 150 ml a day. To prepare the infusion, use 1 teaspoon dried, or 2 teaspoons fresh herb to 250 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you

need to. You can store the extra infusion in the fridge for up to 24 hours.

Alternatively, apply fresh ginger, garlic, or lemon juice to unopened cold sores. Use this remedy up to six times a day.

You can also use an infusion of lemon balm. To prepare the infusion, use 1 teaspoon dried, or 2 teaspoons fresh herb to 250 ml water. This is one dose. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Feel free to add sweeteners or honey if you need to. You can drink up to 750 ml a day.

Lemon balm can be an effective lotion. To make a lotion, start by making an infusion. Use 1½ tablespoons fresh lemon balm or 3 teaspoons dried. Add them to a warmed teapot. Pour 150 ml boiling water into the pot. Infuse for 10 minutes before removing the herbs and strainer. When the infusion cools, dab onto your cold sores 3–5 times a day.

Canker Sores

For canker sores, make an infusion of sage and use it as a mouthwash. To prepare the infusion, use 1 teaspoon dried, or 2 teaspoons fresh herb to 250 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once it's cool enough, use the infusion as a mouthwash.

Toothache

For a toothache, chew a whole clove (*Eugenia caryophyllata*) 2–3 times a day for up to three days. Alternatively, use 1–2 drops of clove essential oil and rub it onto the affected tooth.

Garlic Compress: Peel 1 clove of garlic and carve a hole in it approximately the shape of the affected tooth. Fill the hole in the garlic with salt and leave for 1-2 minutes to draw out the garlic juices. Place the garlic clove onto the affected tooth and leave it in place for at least 10 minutes. Do not eat or drink for 60 minutes afterward.

Gingivitis

To combat gingivitis, take the gel from an aloe vera plant and make it into juice. Use it as a mouthwash 2–3 times a day.

Alternatively, you can create an infusion of sage and use it as a mouthwash. To prepare the infusion, use 1 teaspoon dried, or 2 tablespoons fresh herb to 500 ml water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once it is cool, use it as a mouthwash 2–3 times a day.

Awful Breath

When the student of history John Lawson wrote in 1714 that the Native Americans, he met around North Carolina were "among the best individuals on the planet," he wasn't simply discussing their attitudes. Alongside numerous different onlookers of the time, Lawson saw that, contrasted with Europeans, the Native Americans were out and out fragrant. In addition to the fact that they took visit showers, however their refreshing eating regimens, joined with great dental cleanliness, kept their breath new.

Awful breath is typically brought about by microorganisms that collect on the teeth, tongue, and gums. The Native Americans every now and again utilized herbs that helped control microscopic organisms and furthermore had sweet, crisp-smelling flavors. As indicated by herbal power James A. Duke, Ph.D., some of these cures worked better than the locally acquired items we use today.

Bite on fennel or cardamom. The seeds of the two herbs are charmingly fragrant and normally refresh the breath. What's more, they contain a microscopic organism murdering compound called cineole, which keeps rank microbes from aggregating. Bite the seeds altogether and either swallow them or let out the shells once the flavor has been depleted.

Eat some parsley. This new, lush-tasting herb is an incredible wellspring of chlorophyll, a similar fixing that is utilized in numerous breath mints, says Dr. Duke.

Wash with peppermint or sage. Both of these sweet-smelling herbs have antibacterial properties. The leaves are excessively solid to eat, however, they're extraordinary for making tea for washing. You can rinse with the tea similarly as you would with a store-bought mouthwash.

Pain Management

Muscle Soreness

For muscle soreness, you can put an infusion of thyme or rosemary into a bath and soak for 20 minutes. To prepare a pot of the infusion, use 25 g rosemary or thyme (not both). Add them to a warmed teapot. Pour 750 ml boiling water into the pot. Infuse for 10 minutes, strain, and then pour it all into a warm bath. Soak for 20 minutes.

Cramps

For cramps, you can use a tincture of cramp bark, an herb that is used as a muscle relaxant. For the remedy, take a mix of 1 teaspoon cramp bark tincture and water. Take this remedy up to three times a day. You can also take the same tincture and rub it into the cramping area.

Chamomile

The same soothing properties that make this herb a great before-bedtime tea also make it an excellent natural remedy for cramps. According to the National Center for Biotechnology Information, this plant has anti-spasmodic properties.

How to Use: You can buy chamomile tea, but for the best results, you'll want to try making the beverage with the fresh herb. To do this, you use three or four tablespoons of the flowers of the herb for one cup of water. Let it steep for three to five minutes.

Black Cohosh-Ginger Tea: Infuse 1 teaspoon of dried black cohosh and ¼ teaspoon of dried ginger together in 1 cup of water. Add a pinch of cinnamon and some honey to taste. Drink 3-4 cups of this tea daily when experiencing cramps.

Joint Pain and Stiff Joints

For joint pain, use a rub of St. John's wort-infused oil and lavender essential oil. How to infuse the oil will be discussed below. To use this remedy, combine 2½ tablespoons of St. John's wort-infused oil with 20–40 drops of lavender essential oil. Massage the mixed oil onto the affected joints.

St. John's wort-infused oil needs to be cold-processed. Since cold-infused oil takes a while to process, make sure you take the time to make it before you need it. To cold-infuse oil, place the 250 g dried herb or 500 g fresh in a large glass jar. Pour in 750 ml good quality olive oil or sunflower oil. Pour the oil over the herbs until they are completely covered. Shake the jar and place it in a sunny spot. Leave for 2–6 weeks, then strain out the herbs, keeping the oil. Store the oil in a dark glass container for up to a year.

A similar remedy is to make a rub of comfrey-infused oil and lavender essential oil. Follow the same process for the previous remedy. Comfrey-infused oil needs to be hot processed. To hot-infuse oil, place the 250 g dried herb, or 500 g fresh in a large glass bowl over boiling water in a saucepan (like a double boiler, but with a glass container on top). Pour in 750 ml good quality olive oil or sunflower oil. Stir the herb and oil mixture and simmer gently for 2–3 hours. Strain out the herbs, keeping the oil. Make sure you press out all of the oil. Store the oil in a dark glass container for up to a year.

Nerve Pain

The sensation of nerve pain is sometimes characterized as a shooting or burning pain. It can go away on its own, but it can be is also chronic. It can be severe and relentless at times and also come and go. It is often caused by nerve damage or a malfunctioning nervous system.

Natural Remedy: Goldenrod

How to Consume: Spine's fine tincture

Recommended Dosage: Take one to four drops by mouth three times per day

How to Prepare Spine's Fine Tincture:

Ingredients:

- 1 fluid ounce tincture of Solomon's seal
- 1 fluid ounce tincture of ginger
- ½ fluid ounce tincture of goldenrod
- ½ fluid ounce tincture of meadowsweet
- ½ fluid ounce tincture of mullein root
- ½ fluid ounce tincture of St. John's wort

Instructions:

1. Mix the tinctures in a small container
2. Take one to four drops orally three times a day, then squirt four drops into your palm and rub it into your muscles

Best Time of the Day to Consume it: Any time of the day

Recommended Dosage Time: None

Wounds and Cuts

Healing Salve: Simmer 1 cup of fresh calendula blossoms and 1 teaspoon of freshly grated or chopped ginger root, in 2 cups of water for 30 minutes. Strain the liquid. Add 1 part of the decoction to 1 part of corn or sunflower oil. Simmer the mixture on low heat for 3 hours, being careful not to let it boil or burn. Add 1 ounce of beeswax and 1 tablespoon of honey and remove

from the heat once the beeswax has melted. If desired, add ¼ ounce of vitamin E oil to help soften the skin (found at most health food stores or pharmacies). Pour the salve into small containers and allow the mixture to cool and harden. Use the salve several times a day for chapped or irritated skin, sunburn, chapped lips, or diaper rash. This herb blend also makes a good massage oil by omitting the beeswax and shortening the simmering time to 1.5 hours.

Wound Salve: Infuse 2 cups of olive oil with ¼ cup of each dried California poppy flower, comfrey leaves, and calendula flowers. Leave the oil on the windowsill for 2 weeks, or heat slowly in a double boiler for 1 hour. Strain the oil. Melt ½ cup grated beeswax in a double boiler and add 3 tablespoons of coconut oil and 2 tablespoons of shea butter.

Marshmallow

This isn't the gooey sweet delight you buy at the grocery stores, but there is still a connection. The food was originally made from the sap of the marshmallow plant. Botanists call it *Althaea Officinalis*. Today, this herb is more well known for its healing properties, especially it comes to cuts.

How to Use: You can make a poultice out of ground root.

Witch Hazel

The Native Americans were quick to realize its value as a medicinal herb. The extract of this plant was used to ease help cuts heal as well as treat skin irritations. They also used it to stop bleeding.

And now, instead of reaching for the commercially made variety, you can enjoy the same benefits as the Native Americans.

How to Use: You can make an alcohol-based tincture with the bark and twigs. Use cotton balls, gauze, or a clean washcloth to apply to the affected area.

Yarrow

This plant's ability to heal cuts and wounds is legendary. Its botanical name is *Achillea millefolium*, but you may hear some individuals refer to it as Devil's Nettle. Spanish-speaking cultures call it "plumerillo," meaning "little feather," a reference to the shape of its leaves.

When placed on wounds and cuts, it has the amazing ability to clot the blood and stop the bleeding. That's why you may hear some people refer to the plant as the Nosebleed Plant.

How to Use: Use the leaves of the plant and make a poultice to place.

Wounds Healing Salve

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sunburn, chapped lips, or diaper rash. This herb blend also makes a good massage oil by omitting the beeswax and shortening the simmering time to 1.5 hours.

To ensure fast recovery and avoid infection, here are a few home remedies

Turmeric

A natural antiseptic and antibiotic product that has been used for its therapeutic purposes for years is the humble kitchen spice. According to research reported in the journal Molecular and Cellular Biochemistry, curcumin in Turmeric helps improve wound healing by modulating collagen. Add Turmeric to the wound if the wound bleed and the bleeding will cease instantly. Drink a glass of milk with Turmeric every night to recover fully before going to bed.

Garlic

Garlic has been noted for its antimicrobial and antibiotic abilities, which can help stop bleeding quickly, minimize pain, and encourage healing. Currently, garlic often strengthens the normal protection of the body against infection. Just add some crushed garlic cloves to it if the wound is bleeding.

Aloe Vera

The analgesic, anti-inflammatory, and relaxing effects of Aloe Vera promote the phase of recovery. In reality, there are phytochemicals in the gel that help alleviate pain and decrease inflammation. Break open the leaves of the aloe vera and remove the gel. Place the gel on the wound & allow it to dry. With warm water, rinse the region and pat dry with a towel.

Coconut Oil

Owing to its moisturizing, antibacterial, and anti-inflammatory effects, coconut oil helps relieve pain and keeps illnesses at bay. Actually, coconut oil also helps prevent scarring. One needs to add this oil with a clean cloth to the infected region and cover it. At least 2 to 3 times a day, re-apply the coconut oil.

Coconut oil tends to alleviate pain and keep infections at bay.

Back Pain

If you suffer from back pain, treatments for back pain must be sought as early as possible. Just one of these pains can be very disturbing. You must find ways to ease your sorrow.

Back pain management products do not necessarily have to be in the form of medications. Depending on the nature of the issue, you can also do exercises, use a chiropractor or go on acupuncture, etc.

The cause of your problem is crucial to understand. Most back pains are caused by injuries or accidents. If your spine is weakened or your disk is worn out, bones rubbing against each other will cause the hurt. The lower back pain is often triggered because the spine is not aligned. This includes many visits to the doctor, as the muscles around the spine are also treated. Your doctor's religious visits will give you some relief from this ache. It may also be due to a dumb cause like to lift a heavy weight, falsely balancing your body, etc.

Aloe

Gently remove a leaf or part of it with your hands (in the case of Aloe Vera) or use a knife or

scissors, but first sterilize the blade (just place it over the flame).

Open the leaf in two with your hands or with the help of a knife. Place the part of the leaf that contains the gel directly on the area where you feel the pain and massage gently.

Keep the leaf in contact with the skin for at least 15-20 minutes. The longer the leaf remains in contact with our skin, the greater the anti-inflammatory effects.

Black Cohosh Tea: Create an infusion of black cohosh and drink as needed for back pain.

Comfrey Poultice: Apply a poultice of fresh, bruised comfrey leaves or a compress of an infusion of dried comfrey leaves to the affected area for 5 days to decrease upper or lower back pain.

St. John's Wort

This versatile plant with the botanical name *Hypericum perforatum* is a great pain-reliever. You may hear it called Tipton's Weed or Chase-devil. It's considered a weed by many and grows throughout the United States.

How to Use: Use it as an infused oil.

Valerian

Its botanical name is *Valeriana officinalis* and can be found throughout the northern United States. The herb's amazing pain-relieving properties are due to its natural ability to desensitize your nerves.

How to Use: To take full advantage of this, make tea from the dried roots at a ratio of one teaspoon for each cup brewed. Allow it to steep for about 10 minutes. Drink throughout the day. If you like, you can drink this about 45 minutes before bedtime to help lull you to sleep.

Sunburns and Burns

Sometimes sunburns happen, even among the most conscientious of wearers of sunscreen. Fortunately, there are a number of different approaches to treat a burn at home, utilizing ingredients that you might already have on your bathroom shelves or in your refrigerator.

Plantain

One of the most common folk remedies in North America used for the treatment of burns is Plantain (*Plantago major*). For a relaxing effect, plant juice is added directly to the mild burns. It is effective in the management of bug bites as well.

It's antibacterial, like comfrey, includes allantoin, a phytochemical anti-inflammatory that speeds the healing of wounds and encourages the development of fresh skin cells.

Aloe Vera

Aloe vera gel alleviates discomfort and inflammation as well as speeds the mechanism of recovery.

Aloe has been in use since ancient times, and the efficacy of this natural medicinal treatment for treating wounds, including frostbite and burns induced by radiation therapy, has been supported by modern science.

Aloe includes carboxypeptidase and bradykinase enzymes, which mitigate discomfort, decrease inflammation, and minimize redness and swelling.

It also has important antifungal and antibacterial properties that lead to infection prevention.

It is possible to use either aloe gel bought in the shop or fresh juice from an aloe farm. As an integral part of a personal first-aid package, often, people held a live aloe plant.

Gotu Kola

In Ayurvedic medicine, Gotu kola (*Centella Asiatica*) is strongly appreciated for its skin rejuvenating capacity. It can speed up the process of healing and help to avoid scarring.

Taken internally, when used with Vit C, it stimulates the synthesis of collagen, an essential skin repair component.

Mix equal units of the Gotu kola powder and aloe gel for a successful topical herbal remedy for mild burns or sunburn.

Oregon Grape

Mahonia aquifolium (Oregon grape) may be very effective in the treatment of burns since it includes berberine, which has been shown to defend against viruses, bacteria, and fungi.

Scientific evidence has shown that berberine-containing plants activate the immune system and combat infection. A potent antioxidant, Oregon grape root, produces tannins that relieve skin inflammation, discomfort, and scratching.

Lavender

The pure essential oil of lavender (*Lavandula Angustifolia*) is considered one of the leading cures for burns by many aromatherapists.

It's antiseptic and analgesic and, without dilution, is the essential oil that can be added to the skin directly.

It stops infection, lowers inflammation, facilitates regeneration and inhibits, or eliminates scar tissue development.

As indicated by the numerous lavender-scented baby items on the market, it is deemed the best oil to use with kids.

The lavender scent often has healing effects, relaxing the nerves following injuries.

Comfrey's

In Chinese Traditional Medicine, Comfrey (*Symphytum Officinale*) was used for more than 2000 years.

As an ointment or poultice applied as a natural cure for burns, sprains, fractured bones as well as other wounds, one of the most common applications of comfrey leaves is to facilitate quick healing of all skin lesions and bone breaks.

Burns Healing Internal Formula

By use of vulnerable herbs for extreme burns can aid in speed healing and decrease scarring. *Symphytum officinale* is a long-standing curing agent, so *Calendula officinalis* facilitates dermal circulation and strengthens connective tissue development in the basement membrane. The study

is minimal; however, it is suspected that the *Calendula officinalis* promotes wound healing by facilitating glycoprotein & collagen production, hastening regeneration of the dermis. *Hypericum perforatum* tends to decrease pain and repair nerve ends that are damaged. *Centella Asiatica* is useful in supporting post-burn epithelial regeneration.

You may prepare this formula as a tincture or even a tea.

Centella Asiatica

Symphytum Officinale

Calendula Officinalis

Hypericum Perforatum

Blend in similar proportions. For a week or more, take 1 teaspoon of the blended tincture six times every day. Use ½ ounce of each herb to create the mix to prepare it as a drink. For each cup of hot water and strain, steep 1 tablespoon of the herb mixture. If necessary, drink five to six cups a day, and proceed for one week or two.

Calendula

The botanical name, *Calendula*, may not be familiar to you, but the common name will be the marigold. It's more than just a pretty face. It just may be the exact thing you need to heal your burn. It works because it possesses antiseptic and anti-inflammatory qualities.

How to Use: This remedy is most effective when you place a compress made from the flowers on the affected area.

Oregon Grape

A native to western North America, this herb was used by the Native Americans to help ease the pain and the healing of burns. Modern scientists have found there's a good reason for the herb's effectiveness. It contains an alkaloid called berberine, which is an antimicrobial.

How to Use: Make that into a poultice from the stems and roots of the herb.

Slippery Elm

Native Americans knew the bark of the slippery elm could heal burns. Botanically called *Ulmus rubra*, this tree grows naturally in eastern North America as well as from southeast North Dakota, eastern Texas, and northern Florida.

How to Use: Make a poultice from the dried bark.

Aloe Vera gel for burns: Split an Aloe Vera leaf open lengthwise and place it gel-side down on the burn. Tie the leaf to the skin with a soft cloth and leave for 20 minutes, then gently rinse the gel off with cool water. Reapply 2-3 times per day while the burn is healing.

Burn Compress with Aloe Vera, Lavender, and Calendula: Make a mixture of ½ teaspoon Aloe Vera gel and 1 cup of a cooled infusion of lavender and calendula. Run cold tap water over the burn for a few minutes, and then apply Aloe Vera gel. Cover the area with a cloth soaked in the infusion and leave it in place for 5-10 minutes to help keep the burn from blistering.

Lavender oil can be applied directly to a burn to ease pain and help prevent scarring

Colds and Flu

Tea for Warding off Colds: Make a mixture with equal parts of sage, ginger root, yarrow, peppermint, and elderflower and store it in an airtight container. To make the tea, steep 1 teaspoon of the mixture into 1 cup of boiling water for 5 minutes. This tea is high in antioxidants and good for fighting off colds.

Peppermint-Echinacea Tea: Infuse 1 teaspoon dried peppermint and 1 tablespoon Echinacea root in 1 cup of water. Strain, and add honey if desired. Drink 3 times per day while experiencing cold or flu symptoms.

Yarrow Chest Rub: Make an oil with yarrow and jojoba oil, or a salve with beeswax and jojoba oil. Rub on the chest when suffering from a cold or flu.

American Ginseng

American ginseng, with the botanical name *Panax quinquefolius*, is found in the forests of eastern North America. Native Americans employed this herb long before a European ever set foot on the continent. The Seneca, especially, relied on this to help ease their cold symptoms.

How to Use: One of the most effective methods of preparation is to make a tea from the herb's root using approximately two ounces of root for every eight-ounce cup of water. Steep it for five to ten minutes.

Willow

The healing power of the original aspirin came from the bark of the willow tree, so it seems intuitive that using it naturally may help ease your cold. And with nearly 400 species of these trees in North America, you should be able to find one not too far from home.

The Natchez tribe use the bark of the red willow to bring down a fever, while the Alabama and Creek Indians made use of it as a bath for the same reason.

Today's herbalists tout the benefits of its bark. What you might not have known is that even the leaves can help you.

How to Use: You can use it as a tincture, using either fresh or dried bark. It's also effective if taken as a tea. Use one tablespoon of dried leaves to one cup of hot water. Allow it to steep for 15 minutes. Drink at least three cups of this a day. You may have up to six cups if you'd like.

Congestion

Bitterroot

This unassuming flower loomed large in the Native American healing tradition. It bears a single flower, either white or pink, but underneath lies powerful healing roots. With the botanical name of *Lewisia rediviva*, it's found not only on rocky soil but also in grasslands and forests.

How to Use: To make a tea, use about three ounces of the root and allow it to steep for about 15 minutes.

Cough

Sage

This herb is versatile and is held to be sacred by many Native Americans. This stems from its purifying effects. Native Americans believe that sage has the ability to cleanse the body and

mind of negative energies. To this day, many people, not just Native Americans, use this herb for cleansing purposes.

How to Use: To make sage tea, use two tablespoons of fresh or one tablespoon of the dried herb in one cup of water. Let it simmer for 20 to 30 minutes. You may add honey or lemon or both to taste. You can also gargle with this tea.

It is not necessary to create all of the herbal remedies listed here, since most herbal remedies will not last for very long once prepared. If possible, make infusions fresh. If left to stand, some of the volatile oils in the plant will dissipate and the remedy will be less effective.

When looking for a place to start with creating herbal preparations, here are five preparations that have a long shelf life, and make for a basic medicine chest or medicine bundle to cover many common ailments.

Calendula Salve – Use for treating inflammations, sunburn, and skin disorders.

Echinacea Capsules and Tincture – Treating colds and infections.

Echinacea-Goldenseal Salve – Good for healing chapped skin and lips.

Dried Sage Leaves – Use for purification, smudging, or as an antiseptic.

Yarrow Powder – Quick pain relief, as well as an anesthetic and antiseptic uses.

Acne

Aloe Vera-Calendula Facial Mask: Mix equal parts of Aloe Vera gel and calendula oil. Apply directly to clean face and leave for 5-10 minutes. Rinse off and pat the skin dry. Repeat daily as needed to relieve redness and inflammation associated with acne.

Senna Pimple Paste: Mix powdered senna leaves with just enough vinegar to form a thick paste. Place the paste on the pimple and leave for 20 minutes, then wash with cool water.

Yucca Face Mask: Pound or beat a yucca root, and mix 1 tablespoon of the beaten root with 1 teaspoon of fine cornmeal. Add enough water to make a paste and apply it to the skin of the face, neck, and chin. Leave the mask on for 5 minutes. Sometimes there is some tingling from the active ingredients. If the skin is not irritated, leave the mixture on for a maximum of 15 minutes. Wash the mask off with cool water and allow the skin to air dry. This works well for clearing up facial blemishes and softening the skin. If desired, use pulverized oatmeal in place of cornmeal, or a mixture of the two. Oatmeal will provide a more softening mask, where cornmeal will provide a more exfoliating mask.

Anxiety

Anxiety Bath: In a square of cheesecloth or other clean cloth, add a handful each of dried dandelion, black cohosh, and goldenseal. Tie up the fabric into a bag and add it to a bathtub while filling the tub with warm water. Soak in the bath for 20-30 minutes daily while anxiety symptoms persist. Also, try preparing this mixture as a tea.

Appetite (stimulating):

Lemon balm-Yarrow Tea: Add 1 tablespoon of dried lemon balm and ½ teaspoon of dried yarrow to 1-cup boiling water and steep. Sweeten with honey if desired.

Arthritis

Create a salve with a combination of beeswax and oil infused with comfrey and mint. Melt beeswax and then add comfrey oil and aloe vera gel. Store the salve in a jar or tin with a tight lid and use it as needed to soothe the pain of osteoarthritis.

Horsetail Bath: Steep 3 ounces of dried herb in boiled water for up to 1 hour, and then add the infusion to the bath and soak for rheumatic pain and chilblains.

Willow bark-Black Cohosh Compress: Make a strong infusion of willow bark and black cohosh. Soak a clean cloth in the infusion, and then wring it out and apply to the affected area. The cloth can be re-soaked if it dries out or gets too cold. Apply this compress as often as needed for relief.

Yucca Root Tea: Make a decoction of 1 teaspoon of finely chopped yucca root in 1 cup of water. While boiling, yucca will bubble or foam, so make sure to leave headspace in the pot while cooking. Add honey if desired. Drink daily when bothered by rheumatoid arthritis pain.

Comfrey Salve: Combine comfrey and coconut oil in a double boiler, and heat over low heat for 1 hour to infuse. Strain into a clean, dry jar and allow it to cool and harden. Use the salve as often as necessary to relieve joint pain and arthritis.

Athlete's Foot

Garlic Foot Soak: Mince 3 cloves of garlic and add 1 gallon of hot water in a footbath. Add 1 teaspoon of rubbing alcohol and 2 teaspoons of a mild castile soap. Soak feet for 15 minutes daily until the itching, burning, and redness are relieved.

Dry Skin

Lavender-Sage hand salve: Melt 2 ounces of coconut oil with 1 ounce of beeswax. Add 3 ounces of lavender oil and 2 ounces of sage oil and pour into a pot with a tight-fitting lid. Store in a cool, dry place. Great for dry, cracked hands.

Earache

Garlic drops: Using a garlic press, crush 1 clove of garlic into a bowl and capture the juice. Pick up the juice with a dropper and with the painful ear facing up drop two drops of the garlic juice into the ear. Place a cotton ball over the ear opening and lie with the ear facing up for 5 minutes. Repeat twice daily for up to 3 days but discontinue treatment if the pain worsens or if the pain does not improve after two treatments.

Hot peppermint compress for earache: Dip a finger in peppermint oil and rub it around the ear. Do not put the oil inside the ear. Cover the ear with a clean cloth and place a hot water bottle on top. Hold the hot water bottle there for 15 minutes. Repeat 2-3 times per day as needed.

Hiccups

Ginger tincture: Add 5-10 drops of a tincture made from ginger and vodka to 1 tablespoon of water.

Insect repellent

Sassafras Insect repellent: Crush 6 dried sassafras leaves into a bowl with a crumbled charcoal tablet. Make sure to use a charcoal tablet for burning incense or a clean piece of charred wood from the fire, and not a charcoal briquette for the barbecue. Bind the leaves and the charcoal

together with 1-2 tablespoons of vegetable oil. Dot the mixture on the forehead, nose, around the mouth, and the ears. This mixture will help to keep insects away. Though the mixture will be black, it will not stain clothes or skin.

Jock Itch

Mince five cloves of garlic and add 1 teaspoon of olive oil to create a paste. This remedy works best if made fresh rather than in a large batch. Use this paste twice daily in the affected area, and continue to use for 3 days after the symptoms have cleared up.

Laryngitis

Goldenseal-Ginger Infusion: Steep 1 teaspoon each of fresh ginger root, dried goldenseal, and lemon juice in 1 cup of water. Strain and add 1 tablespoon of honey. Drink 2-3 times per day while suffering from laryngitis.

Liver Problems

Oregon grape Tincture: Steep 1 part of dried Oregon grape root and rhizome in 5 parts of strong alcohol. Vodka or brandy that is at least 80 proof is best. Place in a jar with a tight-fitting lid, and steep for 2 weeks in a dark, cool place. Shake the jar occasionally during the steeping time. Strain into a dark glass bottle with a dropper. Take 1-2 droppers of the tincture up to twice a day for liver problems.

Memory

Ginseng Tea: Add 8 tablespoons of chopped, dried ginseng root and 1 tablespoon of grated fresh ginger root to 8 cups of boiling water and steep for 15 minutes. Store the mixture in the freezer and drink 2-4 glasses daily. If desired, add honey, cinnamon sticks, or whole cloves for flavor. Do not drink after the last meal of the day as it can prevent sleep.

Sage and Ginseng Tea: To 1 cup of boiling water, add 1 tablespoon of dried sage and 1 teaspoon of ginseng root. If desired, add a green tea bag for extra flavor. Add honey if desired. Drink 2-3 cups per day to aid in memory problems. Do not drink before bed as it may prevent sleep.

Menopause

Mix together equal parts of dried nettles, horsetail, and spearmint. Steep 1 cup of this mixture in 1 quart of boiling water. Allow to cool slightly, and then leave it closely capped overnight. Drink the mixture throughout the next 2 days.

Eczema

Calendula-Chickweed Bath: Place a generous handful each of dried and crushed calendula and chickweed flowers and leaves in a square of cotton cloth. Tie the cloth into a bundle and add to a warm bath. Soak in the bath for 15-20 minutes for the relief of eczema. This also is helpful for calming acne and easing the sting of stinging nettle.

Calendula-Yarrow Compress: Make an infusion of equal parts calendula and Yarrow. After it has steeped and while it is still warm, add 1 teaspoon of coconut oil per ½ cup of liquid. Once the coconut oil has dissolved, soak a clean cloth in the mixture and apply it to the affected area.

Calendula-Yarrow Poultice: Place 1 teaspoon of each dried comfrey leaves, dried calendula flower, and dried yarrow in a bowl. Add enough water or oil to make a paste, then spread on the

affected area and cover with a clean cloth.

Nervousness and Nervous Tension

Bath Salts for Nervousness: Add 1 tablespoon each of dried lavender flowers and dried lemon balm leaves to 4 cups of Epson salt. Leave the mixture to sit for a few weeks to infuse the scents. Add ¼ cup of the scented salt in a warm bath to relieve nervousness and ease tension. Store the salt mixture in a container with an airtight lid and keep it in a cool, dark place.

Lavender Linen Spray: Fill a spray bottle with 8 ounces of cooled lavender infusion. Strain this mixture if desired, or leave the lavender flowers in the bottle. Shake before use, and spray on sheets and pillows just before bed. Helps to calm nervousness and stop racing thoughts.

Lemon Balm Tea for Nervous Tension: Add 1 tablespoon of dried lemon balm leaves to 1 cup of boiling water and steep for 15 minutes. Drink a cup of this tea any time you need to relax, as it will help to alleviate tension and leave a feeling of calm.

Pregnancy

Goldenrod massage oil: Infuse 2 cups of fresh or 1 cup of dried goldenrod flowers (crushed) in 1½ pints of sunflower seed oil or corn oil. After 2 weeks, strain the oil into a clean jar and use it to massage legs, arms, and belly during pregnancy.

Respiratory Conditions

Yarrow Steam Kettle: Place 1 ounce of yarrow in 4 ounces of boiling water and remove from heat. Place head over the pot and place a towel over the head to trap the steam in. Breathe in the steam for 10-15 minutes to relieve hay fever, asthma, and other respiratory conditions.

Scalp and Hair

Aloe Vera-Lavender Hair Mask for thinning hair: Make a lavender oil with jojoba oil, then mix 1 tablespoon of each of the lavender oil and Aloe Vera gel. Massage into the scalp and hair to promote circulation in the scalp and help to promote new hair growth. Leave on for 15 minutes, and then wash out. Repeat weekly for thinning hair.

Anti-itch Scalp Oil: Make oil from 1-part fresh ginger and three parts dried calendula flowers in olive oil. Leave the oil to infuse for 3 weeks, and then strain into a clean bottle. Add about 1 tablespoon of the oil to the scalp and leave it on for 15 minutes, then wash hair as normal. The antifungal and anti-inflammatory properties of the oil will help to ease the itching caused by dandruff and dry scalp.

Calendula Hair Conditioner: Make a calendula oil with sunflower oil or another light oil. Mix 1 teaspoon of the calendula oil with 1 egg yolk, and massage into scalp and hair. Leave on for 15 minutes, and then rinse out with cool water.

Lavender-Mint Shampoo: Make a strong infusion of lavender and mint with a heaping tablespoon of each herb in 1 cup of water, steeped for 20 minutes. Strain the mixture and let cool. Add ¼ teaspoon of almond oil or olive oil, and ¼ cup of liquid castile soap. Use as needed to help stop dandruff.

Warts

Dandelion Wart Remover: The white, sticky sap removes warts. Apply the sap directly onto the

wart several times a day until it disappears.

Yarrow compress: Crush fresh yarrow and apply the juice to the wart. Cover the wart with a bandage overnight and then wash the yarrow leaves off in the morning.

First Aid

Goldenseal Liniment: Prepare a liniment with 2 tablespoons of powdered goldenseal infused in 1 pint of witch hazel. This mixture can be soaked into a clean cloth or paper towels and carried in plastic bags to keep them moist. Use moist cloths for small cuts, rashes, or cleaning wounds.

Lavender Salve: Infuse 1 ounce of coconut oil with 2 tablespoons of lavender by placing a container of coconut oil and lavender in a warm place for 2 weeks. Stir or shake the container daily to maximize the infusion. Heat the oil and strain out the lavender flowers, and then store in a pot with a lid. To aid in faster healing and provide antibacterial help, apply to minor wounds such as cuts and scrapes.

Itching and Rashes

Aloe Vera-Calendula Salve: Combine 2 parts of Aloe Vera gel with 1 part of calendula oil and 1 part of lavender oil. Apply the salve as needed to help stop itching, damaged skin, and to prevent infection.

Aloe Vera Treatment: Combine 1 tablespoon of Aloe Vera gel with ½ teaspoon of witch hazel. Apply to the skin for treatment of hot, itchy dermatitis. Cover with a cool cloth. For a greater cooling effect, make this mixture ahead and keep it in the refrigerator.

Calendula-Lavender Salve: Melt 1 ounce of grated beeswax in a double boiler. When it has melted, take it off the heat and add 7 ounces of calendula oil and 1 ounce of lavender oil. Pour the mixture into a jar with a tight-fitting lid. Apply a thin layer of salve to any itchy or irritated skin. In addition, this is effective for minor cuts, scrapes, and burns.

Comfrey-Goldenseal Tincture: Make a tincture with 2 parts of comfrey to 1-part goldenseal in vodka. Let it infuse for 3 weeks, then strain into a spray bottle. Spray onto burns or skin irritations.

Goldenseal Spray for contact dermatitis: Add 1 teaspoon of a goldenseal tincture to 3 ounces of water in a spray bottle. Add 2 teaspoons of olive oil. Helps to heal itchy, irritated skin.

Lavender-Aloe Vera Moisturizer: Mix ¼ teaspoon of lavender oil made with jojoba with ¼ cup of Aloe Vera gel. Apply to the skin to treat rosacea or any reddened or inflamed skin.

Mint Ointment: Crush fresh mint leaves and mix with a bit of water. Apply directly to itchy spots and skin rashes.

Sore Throat

Sore Throat Gargle: Combine 1 tablespoon of elderberry tincture, 1 tablespoon of sumac tincture, and 1 teaspoon of echinacea root tincture. Use this mixture as a gargle for soothing a sore throat as needed or for tonsillitis.

Sore Throat Spray: Make a tincture with ¼ cup of finely cut echinacea root, ¼ cup of dried elderberries, 2 tablespoons of dried sage leaf, and 2 teaspoons of mixed ginger root in 1 ½ cup of vodka or brandy. Place all the herbs in a pint jar and add the alcohol leaving ¼-inch headspace.

Add 1 tablespoon of honey if desired for sweetness and extra throat soothing properties. Shake the jar once a day, and let it steep for 4 weeks. Strain the liquid into a dark glass bottle with a spray top, and spray directly on the throat as needed to relieve pain and reduce swelling.

ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a mental health disorder characterized by excessive hyperactivity and impulsive behavior. People with ADHD can often struggle to concentrate on a single task or sit still for extended periods. ADHD can affect both adults and children.

Natural Remedy: Ginseng

How to Consume: Ginseng extract

Recommended Dosage: 400 mg of ginseng extract in water

How to prepare ginseng extract:

Ingredients:

- Fresh or dried ginseng root
- 1 cup boiling water
- Vegetable glycerin

Instructions:

1. Cover the herbal material with a mixture of water and at least 55% of glycerin
2. Combining very well, putting on a lid and
3. Let it macerate in a dark, cool place for a period of four to six weeks
4. Strain and store in the fridge

Best Time of the Day to Consume it: After your meal

Recommended Dosage Time: 12 weeks

Feet

Foot Soak for foot odor: Steep 1 tablespoon dried mint leaves or 3 tablespoons of fresh mint leaves in 1 cup of boiling water for 5 minutes. Strain and add to a footbath. Add enough cool water to cover the feet and so that the mixture is not too hot. Soak for 15 minutes.

Lavender-Peppermint Foot Balm: Melt 1 ounce of grated beeswax, then add 3 ounces of lavender oil and 4 ounces of peppermint oil. Transfer to a jar with a tight-fitting lid. Store the balm in a cool, dry place and apply to freshly washed feet to soften skin and reduce foot odor.

Athlete's Foot

The first remedy for an athlete's foot is to make a compress of comfrey. To make a poultice, use fresh comfrey, if possible, though dry can also work. You should have enough herbs to cover the infected areas of your feet. Place the herb in a pot and simmer for two minutes without added liquid. Remove from heat, squeeze out any extra liquid, and apply oil to your skin. Then place the hot herb on the affected area and cover it with gauze. Leave on for 1–2 hours every day. Because comfrey is a fast-healing herb, do not use it on broken skin or open wounds.

Alternatively, you can apply ½ of a crushed garlic clove to your feet 2–3 times a day. Garlic is both antifungal and antiseptic, so it will help to clear out the fungus.

Finally, you can mix an ointment using 15 ml of calendula ointment and ½ teaspoon of turmeric powder. Once you have the calendula ointment made and mix in the turmeric, rub it on the affected areas every day.

Celiac Disease

Celiac disease is an autoimmune disorder provoked by the ingestion of gluten which can damage the small intestine. CD can be considered a complex multi-organ disease with highly variable extra-intestinal involvement, including neurologic and psychiatric disorders such as epilepsy, cerebellar ataxia, peripheral neuropathy, dementia, and depression.

Natural Remedy: Goldenseal

How to Consume: Goldenseal tincture

Recommended Dosage: Two milliliters in two ounces of water or juice is the recommended dosage 3-5 times a day

How to Prepare Goldenseal Tincture:

Ingredients:

- 4 tablespoons of dried goldenseal
- 4 glasses of vodka

Instructions:

1. Mix and set aside in a dark place for two weeks
2. The tincture is ready after straining

Best Time of the Day to Consume it: After your meals

Recommended Dosage Time: None

Constipation

You may wonder why it is necessary to find natural remedies for constipation, and if you ask such a question, then it is because you probably have not understood how painful and unpleasant the disease known as constipation can be.

Anyone with constipation understands this and what exacerbates constipation and causes us to pursue natural remedies is because we don't have a good idea when constipation is to stop.

The Best Natural Constipation Remedies

The natural constipation remedies on your system are very soft and work instead on your body, and many natural remedies are accessible today. A very simple to use is to hydrate because dehydration is a major cause of constipation. This can be achieved by eating a lot of fluid and moisturizing food (fruits, vegetables, etc.).

Some of the other home remedies can be a fiber-rich diet and clearly avoid dehydration sources like alcohol, coffee, fast snacks, cakes, and candies. One of the well-known natural treatments for constipation is to take fiber-rich foods or hydration in the morning on an emptiness.

These are just some of the natural food remedies, and they all share a transition to a healthy diet to help you enjoy life much more.

Some alternative treatments for constipation may be enemas and colonics. Some people prefer enemas over colonics because it's much cheaper, but it depends on every person.

As you already have realized, there are a lot of natural constipation remedies, and these remedies are far gentler on your system and do nothing harmful. If you include any of the natural constipation remedies, you can improve your overall health significantly and cure the pain called constipation. Find out what natural constipation remedies function for you and live a life without constipation.

Rose Hip Tea

Collect berries away from polluted streets or places, wash and dry them (you can also buy them). Place on a clean surface and chop them well.

Take a saucepan with 200ml of water and put it on the stove. Remove the saucepan from the heat when the water is boiling and pour in a tablespoon of chopped berries. Cover the saucepan with a lid and leave to infuse for ten minutes.

Filter the herbal tea.

It is recommended to drink herbal tea in the evening before going to sleep or in the morning on an empty stomach for a faster result.

Coughs

The cough may be chronic or acute. Acute cough lasts for 2-3 weeks and is normally related to cold and flu. Chronic cough is 2-3 weeks longer. Coughing requires three phases: inhalation, forced exhalation against a closed glottis and glottis opening, accompanied by rapid, aggressive air releases from the lungs. The air is usually emitted with a sound, and coughing is voluntary or accidental.

Quick and natural home Cough remedies

There are some of the easiest and simplest natural remedies for coughing, nasal inflammation, and discomfort of the throat.

- Rubbing slightly heated mouth oil on the back will alleviate the associated symptoms, such as backache, nose congestion, etc.
- You can boil eucalyptus leaves in water and inhale vapor with a towel over your head. This procedure softens inflammation of the lungs, blocks the nose and cough.
- Rubbing the nose, throat, and head with eucalyptus oils or balsam can also provide some relief.
- If one feels like coughing, it will prevent coughs from sipping tiny quantities of warm water.
- Grapes act as expectorants, and normal grape eats in the tones of the lungs, decreasing the amount of cough.
- Sucking a slice of cut citrus fruit with salt and black pepper is a healthy treatment for cough management.
- A pinch of ground white pepper can be taken thrice daily with one teaspoon of honey. This helps cough cure.

- Warm spinach juice for gargling should be used. This is an efficient home cough remedy.
- A blend of half spoonful of cuscus, four teaspoons of coconut milk, and a teaspoon of sweetness may be used every night before bedtime. This soothes dry cough.
- A combination of belleric pulp, long pepper, and one tea cubicle sweet is ideal for cough care.
- A blend of onion juice and honey can be taken four times a day to avoid cough.
- A paste made from grounding almond can be taken twice daily and added butter and sugar. This is an important treatment for toxicity.

Black Raspberry Roots

Get some black raspberry roots. Make sure they are well cleaned of soil residues. Put a saucepan of water on the stove and dip the roots (as many as you like). Boil the water along with the roots and wait for them to soften (check with a fork). Remove the roots from the saucepan when they are softened enough for your taste. Let the roots dry. Chew it a maximum of 2 times a day. If they turn out very bitter, you can soak the roots in honey.

OCD

Obsessive-Compulsive Disorder (OCD) is a psychiatric condition that triggers recurring unwanted thoughts or feelings or the desire to do anything over and over again. Obsessions and compulsions can coexist in some people. OCD isn't about bad habits like nail chewing or negative thinking.

Natural Remedy: St. John's wort

How to Consume: St. John's wort tincture

How to Prepare St. John Tincture:

Ingredients:

- St. John flowers
- 95 proof vodka

Instructions:

1. Fill a sterilized glass jar halfway with St. John flowers
2. Pour enough alcohol to cover the herb and fill the jar
3. Shake the mixture daily for 4 weeks
4. Strain the herb, reserving the liquid
5. Keep the final tincture in a refrigerator

Recommended Dosage: Dependent on age, sex, and medical history

Best Time of the Day to Consume it: Any time of the day

Recommended Dosage Time: Eight weeks

Parkinson's Disease

Parkinson's disease is a neurological condition that causes trembling, stiffness, and trouble walking, balancing, and coordinating. Parkinson's symptoms usually appear progressively and

worsen over time. People can have difficulty walking and talking as the disease progresses.

Natural Remedy: Skullcap

How to Consume: Calming skullcap tea

Recommended Dosage: One cup, two to three times daily

How to Prepare calming Skullcap Tea:

Ingredients:

- 1 slice of lemon
- ½ teaspoon honey
- 5-ounce Chinese skullcap dried
- 1 cup water
- 1 teaspoon American skullcap

Instructions:

1. Heat a small saucepan of water on the burner
2. Add the dried skullcap
3. Let the herbs steep for 5 minutes
4. Remove the leaves and serve sweet
5. If needed, season with lemon or honey

Best Time of the Day to Consume it: Any time of the day

Recommended Dosage Time: 2 weeks

Stress

Stress manifests itself as an increased heart rate, elevated blood pressure, muscle pain, irritability, depression, stomachache, and indigestion.

Many people are associating tension with emotional distress. However, stress may also be physical or biochemical. The body will respond with an increased release of adrenaline. This is how the body handles tension.

However, the release of adrenaline causes the heart rate to increase, blood pressure to rise, and muscles to relax. When the body is subjected to excessive stress, it may develop a variety of conditions. These include accelerated aging, decreased infection tolerance, impaired immune function, and hormone overproduction.

Natural Remedy: Elderflower

How to Consume: Rescue elixir

Recommended Dosage: Two to four drops whenever needed

How to Prepare Rescue Elixir:

Ingredients:

- ¼ fluid ounce tincture of goldenrod
- ¼ fluid ounce tincture of sage

- ½ fluid ounce tincture of catnip
- ½ fluid ounce honey
- ½ fluid ounce tincture of chamomile
- ½ fluid ounce tincture of elderflower
- 1 fluid ounce tincture of tulsi
- ½ fluid ounce tincture of rose
- 1 fluid ounce tincture of betony

Instructions:

1. In a small container, mix the tinctures and honey
2. Use 2 to 4r drops as required

Best Time of the Day to Consume it: Anytime as needed

Recommended Dosage Time: No Specifics

Vaginal Yeast Infections

For vaginal yeast infections, you can make a douche or wash with an infusion of calendula. To prepare the infusion, use 1 teaspoon dried or 2 teaspoons fresh calendula petals to 250 ml of water. Make the infusion like a tea, with the herbs in a strainer and boiling water poured over. Cover with a lid and infuse for 5–10 minutes before removing the herbs and strainer. Once the infusion has cooled enough, use it to wash the affected area or use it as a douche. Alternatively, you can pour the infusion into a warm bath. Soak for 20 minutes.

You can also make an internal vaginal remedy out of tea tree essential oil. This remedy shouldn't be used if you are pregnant. Mix 2 drops of tea tree essential oil with 3 drops of olive oil. Once mixed, apply to a tampon and insert it into the vagina. Keep in place for 2–3 hours before removing, and only use it once a day.

Vertigo

Vertigo is a symptom, not an illness. It's the feeling that you or your surroundings are shifting or spinning. This sensation can be mild or extreme, making it challenging to maintain your equilibrium and perform daily tasks.

Natural Remedy: Ginkgo biloba – Consult your doctor before adding Ginkgo biloba to your daily supplements

How to Consume: Ginkgo biloba extract

Recommended Dosage: 160 mg/ 5 ml daily divided into two or three dosages

How to Prepare Ginkgo Biloba Extract:

Ingredients:

- 50 grams dry ginkgo leaves
- 400 ml 100-proof vodka

Instructions:

1. Place the ingredients into a blender and combine

2. Pour the blended mixture into a Mason jar and close tightly
3. Place in a dark and dry place for one month, shake daily
4. Strain the leaves with a cheesecloth
5. Strain the liquid with a coffee filter to ensure all the small particles are removed
6. Fill several amber glass bottles and label them with name and date

Best Time of the Day to Consume it: Anytime

Recommended Dosage Time: 4 months

Conclusion

Thank you for making it through to the third book in this series. The process by which they cure using herbs and plants is a mix of two forms. They use herbal remedies such as tinctures or infusions. These are made by boiling or steeping in alcohol. Some medicines are even made by using the sun to dry certain herbs or plants. In some cases, the treatment is taken in powder form and sprinkled on food.

The treatment method varies from culture to culture depending on how old they are going back in history. As far as delivery methods, some cultures believe that it is better to treat the entire body and use more holistic methods while others focus on specific areas. Some will focus on the spiritual or soul healing of a person.

Herbal medicine has its origins in ancient cultures. It involves the medicinal use of plants to treat disease and enhance general health and wellbeing. Some herbs have potent (powerful) ingredients and should be taken with the same level of caution as pharmaceutical medications. Many pharmaceutical medications are based on man-made versions of naturally occurring compounds found in plants. Herbal medicines contain active ingredients. The active ingredients of many herbal preparations are as yet unknown. Some pharmaceutical medications are based on a single active ingredient derived from a plant source. Practitioners of herbal medicine believe that an active ingredient can lose its impact or become less safe if used in isolation from the rest of the plant.

A newcomer to the world of herbal healing might be overwhelmed by the sheer volume of herbs out there. Over the ages, hundreds if not thousands of plants have been used for all sorts of ailments in traditional medicine and other practices: headaches, colds, skin afflictions, belly aches.

Today, a way of universally navigating that information is lost. Modern medicine and mainstream research are only just beginning to catch up on understanding herbalism, and to navigate this sea of useful botanical information in a way that can be grasped easily by all. Good luck

BOOK 4: NATIVE AMERICAN HERBAL RECIPES

Introduction

Native Americans additionally perceived the healing forces inside their bodies and treated them with extraordinary regard. They felt that the ability to heal was a blessing endowed to them by the Creator and accepted that human force and quality originated from Mother Earth and every single living thing.

Native American medicine used to be a very important part of human existence in Northern America. It was vital for the people as it ensured their health and ability to fight off infections. Then came modern medicine, and people came to disdain these natural remedies that existed and were effective long ago. Instead of free and natural medicines provided by the earth, the desire to make huge profits from people's illness has now become the major impetus behind our medical system.

Native Americans understood the interconnected nature of all life and the truth that a human's well-being depended on the mind, body, and spirit being in harmony. An imbalance in any one of the three and illness results. These ancient people, through their close connection to the natural world, discovered that certain plants could heal certain imbalances in the human body.

Through their collective learning, Native Americans cataloged over 500 different plants and their medicinal uses. What makes this knowledge even more amazing is that this was all done through oral tradition as their knowledge was not written down until modern times.

Despite all of the knowledge and technology at our disposal, modern medicine has very serious limitations. If it didn't, we would not be spending billions every year treating illnesses and diseases that are far more prevalent now than in the past.

In particular, Native American communities are becoming conscious of using herbals by both practitioners and consumers; many botanicals marketed nowadays as dietary supplements in the western world were used for similar motives by Native Americans. Cultures around the globe have relied on traditional natural medicine since ancient times to fulfill their health requirements. The global market for herbal remedies is on the rise, amid the modern age's technological and medical advances. This industry is expected to gross about \$60 billion yearly.

Today, over three-quarters of this world uses herbal medication. Western scientists have demonstrated in research that generations have passed down for many years: Plants developed and utilized at home are good at treating non-life-threatening ailments, and injuries or disorders such as lumps, bruises, headaches, fever, anxiety, depression, tiredness, and much more. As you completed the book, I wish you the very best of luck and invite you to love yourself as you proceed, handling the articles ready for you personally and applying what you have learned to herbal medicine. Herbalism is the medication of those: It is not rocket science.

Chapter 1: Native American Herbal Preparations, Extractions and Topical Uses

Preparation

Personal herbal medicine would be an herbal medicine, most probably a combination, that you could a hundred percent rely on for getting better whenever you got a fever again. With time you would feel so confident in that remedy that you would also recommend it to other people, people that you care about. This herbal medicine is not necessarily supposed to be made by you. Instead, it can be a remedy (a premade one) that you have always felt that it worked every time you used it.

Well, first of all, you will need a purpose to be making an herbal medicine; to use it as a cure. When you go through all the complicated stuff, which can be explained as the mixing process, you will have a result. This result may end up disappointing you in the end, but that will only mean that you have to try again to find a newer and better medicine.

After the successful use of a medicine that you made yourself, the feeling that you would feel right away will be priceless.

The next thing you will know is that you will be trying to make newer medicines due to the confidence in your last success, and you will find yourself constantly recommending your remedy to the people you think are in need of it.

Most of the herbs can be grown in your kitchen garden very easily. It finally comes to the point that you have to be committed to this completely. If you are, you will find yourself willing enough to plant little amounts of all of these herbs in small pots. You will also have to take responsibility for these herbs as well, so you will have to water them, take care of their fertilizers. Soon enough, this responsibility will turn into a love for those plants.

If, in any case, you don't find it easy to go through all the processes to produce herbal ingredients yourself, you can always go to the local superstore. There, you will find all the herbs you were looking for and some that you have never even heard about.

Tools Needed To Make Herbal Medicines

In the old times, the people who were supposed to sell medicines and spices (basically all things related to herbs) to people were called apothecaries. These guys started wearing masks with pointy beaks and were called doctors in their times because that was what they mostly did for a living; sell medicines. Apothecaries were also supposed to make their merchandise themselves, and although they are the professional ancestors of pharmacists, for whom the machinery has been changed for the good, the basic preparation tools were the same for both of them, and so will they are for you. You would mostly need the following things to make herbal medicines of your own:

- Saucepans of various sizes.
- Wooden spoons and spatulas.
- Jars, tins, pots, and other containers.
- Mortar and pestle.
- Knives.

- Scissors.
- Tweezers.
- Strainers.

Macerations

This is the easiest method of herbal preparation. All you have to do is cover your fresh or dried herbs in cool water and let them soak overnight. In the morning, strain the herb out to separate the liquid. This method is usually used for extremely tender or very fresh herbs or those herbs that have delicate chemicals that can be destroyed in the heating process or degraded by high-strength alcohol. It is easiest to adapt macerations to modern western methods of medication. Macerations can be turned into tablets or capsules or you can stir the powder from the ground up herbs into smoothies, juice, or water.

Fomentation

Fomentation is a process more commonly known as a compress. Fomentations basically use herbal infusions or decoctions and apply them in a topical form. You can prepare both hot and cold fomentations, depending mainly upon the herb which is being prepared. Hot and cold fomentations both serve different purposes.

Hot fomentations are used to relax tight and constrained muscles and to promote blood flow throughout the skin by stimulating vasodilation. This helps especially when you have sore muscles and aching legs, and it can also help alleviate internal congestion.

Cold fomentation can restrict blood vessels in the skin. This helps treat acute burns, nasty bruises, or other inflammations in the skin. Fomentations are great natural remedies for the skin and are generally used to treat ailments like eczema, psoriasis, and skin rashes.

Fomentation is created by taking a decoction or an infusion and multiplying its potency by fourfold. Then the mixture is dipped in a natural fabric such as cotton, silk, or wool. After soaking in the mixture, the excess liquid is wrung out of the fabric, and the wet cloth is draped over the affected area. You can also put a dry towel or cloth over the fomentation to retain its temperature, and wrap some plastic cling-film around it to prevent the liquid from dripping all over the place.

Techniques for the Domestic Herbalist

Infusions

Infusions are usually liquids like teas, prepared by using medicinal herbs that dissolve easily in water or slowly release their active ingredients in oil. An infusion is created to draw out the most sensitive and fragile healing properties of an herb. They are often created using the softer parts of a plant, usually the leaves and the flowers. This can differ from herb to herb; for example, for herbs like Goldenseal and Valerian, the root is used instead of the leaves or flowers.

The process of making an infusion is pretty straightforward. All you have to do is pour boiling water over a specific herb and let it steep for about 15-20 minutes, or until the mixture cools down. Then you have to strain the mixture, separate the herb from the liquid, then bottle it up, and store it for future use. Some infusions can be refrigerated, while it is recommended to keep other infusions in cool, dark places. You can also add honey for additional benefit and to enhance the flavor if you want. Some people like adding honey and lemon as well. The most

common proportion used to create herbal infusions is using one ounce of herb to one pint of liquid.

The purpose of using boiling water is to slowly extract the healing properties of the herb from its parts. The water slowly releases vitamins, sugars, enzymes, and some volatile oils, along with tannins, saponins, bitter compounds, glycosides, and other proteins. Boiling water also helps release polysaccharides in the herb, along with pectins and some alkaloids as well.

Infusions are usually just considered to be teas. However, you can create both hot and cold infusions, each have their distinct properties and benefits.

Washcloths

Washcloths are indeed a great source to get bathed on the bed. They can be used on a critically ill patient who cannot survive an active bath. In this comfortable way, medicine can easily be applied to the skin, and thus it can be transferred to a deeper area of the body through diffusion. Washcloths can be warm by using hot infusions of medicine when specific impacts of heating are needed, or they can be cold when benefits of cold are needed. It all depends upon personal choice as well as symptoms of illnesses. For acute injuries, for example, brushing and combat sports fights, cold washcloths with specific benefits of ice and anti-inflammatory medicine can be a smart choice to limit swelling and bruising as well as impeding bleeding from fresh wounds. Cold also has anesthetic properties, which make it a natural pain killer.

When used warm, washcloths can stimulate blood flow due to vasodilatory effects as well as a soothing response of the body can also be obtained.

Teas

Herbal teas are basically hot infusions. They are pleasant to consume and incorporating herbal tea into your diet is a healthy decision. Most herbal teas have a mildly relaxing or refreshing effect. They can make you feel mellow or invigorated, depending on the properties of the herb. However, herbal teas are not as potent as other ways of making herbal preparations.

You can easily make medicinal teas at home. You can store loose tea leaves, or make your tea bags using dosages according to your preference. You can then steep them in boiled water for 10 minutes whenever you want to consume them. You can also create a medicinal tea using normal tea that you can buy at the store; just triple the amount that you use. By tripling the normal amount, you can come very close to getting the medicinal value of an infusion. You can consume certain herbal teas as many times as you like during the day without detrimental effects. However, make sure that the properties of the teas do not cause any excessive symptoms. For example, it is not a wise idea to consume excessive cups of laxative herbal teas.

If you are preparing your herbal tea from dried herbs, measure the bulk of them and toss that quantity into a non-metallic container. It is smart to have a kitchen scale handy to measure how many herbs you are supposed to add to your tea. The recommended dosage, as mentioned before, is one ounce. Usually, people drink herbal teas at room temperature. Consuming very hot tea will benefit you only if you want to induce sweating or are suffering from a cold or cough. Consuming hot green tea for weight loss is also beneficial. You can sip the tea whenever you feel like it; the advisable dose would be about one to four cups, but that depends entirely upon the herb you are consuming.

Here are some pros and cons for consuming infusions:

Pros

Out of all the herbal remedies, infusions are the easiest to prepare. All you need are herbs and water. Infusions are mostly pleasant to consume and because they are mild, they don't have many adverse effects. It is easier for herbs to release their medicinal properties into the water than other substances, for example, alcohol, which is the base for tinctures. For example, if you are using raspberry leaves, they will release more medicine in hot water than they would in alcohol. The best way to find out which herbs will work best in your infusion is by conducting research. Your research will tell you which herbs will best benefit you and will bring out the most in your infusion.

Cons

Even though infusions are fairly simple to make, not everybody appreciates the taste of different herbs mixed together. This holds true especially if you are using astringent and bitter herbs. You might feel like gagging before consuming the teas brewed from these herbs; adults might have a hard time choking these down, let alone children. However, there is a really easy way around this.

The potency or effectiveness of these infusions will not be impacted if you add things to enhance their flavor. You can always add honey, agave, maple syrup, brown sugar, or lemon to your infusions to get rid of the bitter taste and make the tea easy to drink. However, not all herbal teas have the same problem. Some herbal teas actually taste good and are quite pleasant to drink.

Decoction

A decoction is similar to infusions. It is a method where herbs are lightly boiled to release their healing properties. Unlike infusions, decoctions can include stems, bark, roots, and rhizomes of an herb. Infusions are usually made from the leafy, delicate bits of an herb, while decoctions can be made using the harder parts of the herb.

Decoctions are usually made in a non-metallic container, where the herbs are simmered with water as it comes to a boil. If you are using roots for your decoction, the simmering process could take up to one and a half or two hours.

To create a decoction, you would need to add one ounce of dried herb (hard parts) or two ounces of fresh herb parts to one pint of water. You need to chop up the herb as finely as you can and place the contents in a small pot, along with the water. It is preferred to use a stainless steel, glass, or enamel pot to create a decoction instead of an aluminum pot.

To make the decoction, you would need to simmer the herbs in the water, until the water comes to a boil. Once it comes to a boil, you need to turn the heat as low as possible and reduce it, bringing it to a simmer for at least 20 minutes. Then, you need to strain the liquid as well as you can use a cheesecloth. For best results, you can wrap the cheesecloth around a colander to drain the liquid as well as possible. Pour the liquid into the cup and drink it while it's warm.

Decoctions use the same amount of herbs as an infusion so you don't have to differ much based on that. Make sure you use a container that has a tight-fitting lid to store your decoction. Once again, a mason jar would be the best container to use. The simmering process usually takes 20 minutes, but it can take longer depending on the herb.

You can drink your decoction after it cools, or you can allow it to steep overnight, then strain and

drink it in the morning. Try not to store your decoction for too long; it's best to consume as soon as it's cool enough to drink.

If you compare a decoction to an infusion, decoctions require a longer time for extraction, using consistently hot and simmering water on the stove. Since decoctions are made from the thicker, more resinous material from a plant, this method is the best to get the healing properties out of the herb. Since infusions are created using the more delicate parts, they are considered to be milder than decoctions.

Herbs have specific properties, so some work better with infusions while others work better as decoctions. It depends on what nutrients you are hoping to extract from the herb. Some herbs might be suited more to cold or overnight infusions as hot water can actually destroy some healing properties in certain herbs. You can do research online to learn which herbs are better suited to hot or cold infusions and which herbs work best for decoctions.

Once they are ready, you can use your infusions and decoctions as a base for many other herbal remedies. They can be used as douches, enemas, herbal baths, fomentations, and steam inhalations amongst many others. Water based herbal preparations are usually the preferred method for extracting mucilaginous herbs, as opposed to tinctures that are alcohol based. There are some plants which are more soluble in alcohol such as hemp and myrrh, which are used in tinctures instead.

Here are some pros and cons of making decoctions:

Pros

Creating a decoction is one of the best ways to draw medicine out of dried roots or other tough, woody parts of the herb. The decoction is necessary for this process, as these parts of the herb are tougher and won't release all their beneficial properties by simply being soaked in boiling water. Decoctions are more potent than teas; in fact, they are some of the most potent out of all herbal preparations. They are absorbed quickly by our bodies, so they work faster and more effectively than some other herbal remedies.

Cons

Decoctions are very potent. They are very concentrated as they have been simmered; hence they have a very strong and intense flavor. People who have delicate digestive systems or are picky eaters with sensitive palates might have a hard time drinking this.

Compresses

Compresses are warm medicinal pastes that are formed from many potent herbs. It is a very traditional technique, which is also called "Marham" in Arabic, and it is the most used technique in Indian ayurvedic as well. Warm herbs in the form of compresses can stay longer than washcloths on the skin and can be a great source of constant delivery of herbal medicine. The feeling of warmth is soothing itself, and it also helps in reducing muscle spasms when applied. It also helps in vasodilation in specific areas to speed up recovery. Some herbs are delightful in fragrance and thus can provide the body with an unusual odor. Any natural fiber, a cloth with pores or a muslin bag, can be used to form compresses from medicinal herbs. In traditional herbal medicine, compresses were formed by putting them in direct sunlight to get the effects of warmth. In modern days, ovens can be used to achieve the temperature and thus applied to the

skin in comfortable ways. Microwaving should be avoided when other natural sources are available because of the health hazards of artificial heating. Different and multiple layers are also used over a single compress to achieve maximum absorption as well as the mixing of herbs. It also protects from overheating and bruising.

Juicing

Sometimes the best way to extract nutrients from an herb is by juicing the fresh herb. There are specific herbs such as spring-picked nettles or wheat grass that are especially nutritious once juiced. You can use different juicers to combine herbs with different vegetables, such as carrots and celery, for the maximum nutritional value. You can also add herbs in a blender with fruit juices, to enhance flavor. However, when mixing fruit juice in herbs, you need to be careful as oxidation can occur quite quickly. To prevent this from happening, you should strain the liquid before you drink it. If you own a food processing machine, you can also press the herbs to extract its juice.

Tincture

An herbal tincture is an herb in a concentrated, liquid form. Most often, it's taken a few drops at a time as it's placed under the tongue.

It's an effective method, but it does take preparation and resting time. Think long-term when if you're interested in healing by tincture. It will be several weeks before you can use it. But tinctures are useful, so they're worth the effort.

Tinctures are the epitome of the phrase less is more. You receive more herbal phytonutrients through several drops of tinctures than you would through a cup of tea. And you receive them faster. Your body assimilates the substance more quickly.

Yes, the tincture takes longer to prepare, but it also has an incredibly long shelf life than herbs—either fresh or dried. A tincture can last for up to five years —sometimes longer— with all of its potency preserved.

A tincture can be made from just about any part of the plant that you would use in any other form of preparation. This includes the leaves (either dried or fresh), bark, roots, and berries.

Gather the parts of the herb you're using. Wash them and coarsely chop them. If you have a mortar and pestle, this would be the perfect time to use it. Place four ounces of the herb in a canning jar. To this, add a pint of 80 proof vodka or any other type of grain alcohol. This form of alcohol is the best extractor of medicinal properties. If you prefer, you may use apple cider vinegar, but your tincture won't last as long.

Seal the jar and allow it to sit in a cool, dark place, and allow the magic to happen. During the first week, shake the jar daily to ensure the healing properties are evenly distributed. From the second week to the sixth, shake it about once a week.

You should allow this to sit for at least six weeks; after that, you can strain the mixture. If you have a wine press, you can use that, but it's not necessary. A cheesecloth works just fine. Just be sure you move the cloth occasionally, so you drain all the liquid.

You can also use a potato ricer to strain the tincture (I told you it would come in handy). Empty the contents of the jar into the basket of the ricer, and it does the rest. Place the resulting tincture

in an airtight dark-colored glass container.

A word of advice: Don't forget to label it. Put not only what herbal tincture it is but also what parts of the plants you used and whether they were dried or fresh. Also, put the date you first made it. You may also want to label it with the proper usage.

Essential Oils

Essential oils are created from the volatile, oily parts of aromatic herbs, trees, and grasses. These oils are extracted from tiny glands that can be found within the leaves, roots, flowers, resins, and wood of these herbs.

Four main methods can be used to extract essential oils. You can extract them using steam distillation, solvent extraction, effleurage, and expression.

When using steam distillation, the oil is extracted from the herb by working it with hot steam. Then the herb is selectively condensed with water from which it is separated. When you are using expression to extract the essential oil, the oil is extracted through the process of centrifugation or by exerting pressure on the herb.

Solvent extraction is carried out by dissolving the oil in a volatile solvent that leaves a heavy, naturally waxy substance called concrete once the solvent is evaporated. When the mixture is separated from the concrete, the liquid remaining is called an absolute. The absolute is the most concentrated form of the scent available, making it a potent essential oil.

Getting essential oil through effleurage is the longest process. You need to dissolve the oils in animal fat, then separate them using alcohol. Essential oils can be used in cosmetics and for aromatherapy; different essential oils have different therapeutic and healing properties. Essential oils are never used internally.

Preparing Herbal Oils

While preparing herbal oils, you can use fresh or dried herbs, but make sure there is no excess moisture in your herbal mixture. If you are using fresh herbs, you can wilt them on purpose by setting them in a warm and dry place to get rid of all the moisture.

Once you have your herbs, place them in a mason jar or any non-metal container. Coat the herbs in oil, adding at least two to three inches and tightly close the lid. It is ideal to keep adding an inch of oil after some intervals to avoid bacteria spoiling the oil.

Baths

Hot baths are essential because they can make skin porous, and thus more drugs can be administered inside the body. Care should be taken when using a hot water bath to avoid burns and bruising. Bathing can be achieved by directly introducing dried herbs in bathtubs or pots to unlock maximum healing benefits. These herbs can be inserted directly into the bathtub, or these can be introduced in porous clothes like socks, pantyhose, and other delicate clothes to avoid a mess. Even loofa made from herbs can be used to be rubbed on the skin directly to maximize the absorption of the medicine through the skin. It is the smartest way of administration, but it can turn bathtubs a little messy and hard to clean.

Ointments and Salves

Making ointments and salves become a relatively easy process after you've mastered making

oils. Herbal salves are made by incorporating infused herbal oil in beeswax, along with other types of topical butter, such as cocoa butter or shea butter, based on their nourishing qualities on the skin. Beeswax is the preferential base; beeswax is thick, and salves tend to be thicker in consistency than ointments and creams. The thicker consistency is helpful because the salve can stay on the skin for a longer time. This makes them more capable of deeply penetrating the muscles and the tissues, acting more effectively.

You can make salves by decocting herbs in oils and then straining the herb out. After the herbs are strained, just add beeswax to the oil and let it cool. You can apply salves as healing ointments on the skin and also on dry and chapped lips as a lip balm.

You can keep salves for several months if they are kept in tightly sealed containers in a cool and dark place. If you see any mold or signs of spoilage, toss it out immediately.

Ointments are similar to salves. After you separate the simmered herbs from the liquid, you get a solid mixture of wax or fat that carries the medicinal constituents of the herbs. You can also use petroleum jelly or paraffin wax for your ointment if you're looking for a thinner ointment with a jelly-like consistency.

Syrups

Syrups are usually made by cooking a jam made out of herbal berries or creating a strong herbal decoction out of the flowers, bark, needles, or leaves of a herb and adding glycerin, honey, or sugar to the mix. People have been creating herbal syrups and cordials for ages to heal sore throats, colds, and coughs and mucus related respiratory conditions. A syrup is a way to make bitter and pungent herbs more appetizing, so that children and picky eaters have an easier time with the remedy.

Syrups are usually used when honey alone cannot do the job and is a good option for vegans who do not eat honey. You can also add unrefined cane sugar or peppermint in syrups to enhance the taste. These are some of the best tasting herbal remedies available but should be taken sparsely because of their sweetness.

Poultice

They can be used either hot or cold. The heat increases the circulation in the affected area and draws out or removes an abscess. The cold variety is great at alleviating pain and reducing inflammation.

Sock Poultice

If you need a quick poultice, there's an easy way to apply the herb. Get a clean white cotton sock; place the chopped herbs in it and tie the top. Soak the sock in a sink or bowl of hot water. Then you're ready to apply it.

Sometimes you can put the paste directly on the wound without any cloth between the poultice and the skin. Then wrap it with anything from gauze, muslin, or even plastic wrap to keep it in place.

Dried Powders

Dried powder herbs are another method of receiving a plant's healing properties. Sometimes, a tea formula or recipe calls for it. Some individuals prefer to put powdered herbs into capsules and take them this way. Empty capsules may be bought online if you think you're interested in

this.

You may also want to add herbs prepared this way to your body powder or even your toothpaste.

The one drawback to this method is that they tend to lose their potency quickly. This means you need to use them quickly and not let them sit around.

Creating powdered herbs is easy, and you've probably already guessed how to do it. Make sure the herbs are dry before putting them in a spice grinder. Grind only a small amount at a time, about one tablespoon or so. This way, you'll be sure to get everything ground small enough. Some herbalists use a mortar and pestle, but a grinder goes faster and creates a nice powdery substance.

From there, you can use them in any fashion you need them.

I've mentioned they don't keep well, but you can extend their potency by storing them in airtight containers and tucking them away in a cool place. Don't store them in direct light or a humid location.

Powders and Capsules

This is also a fairly easy way of creating an herbal remedy. You can generally buy a lot of herbs that are already in powder form. You can also powder any herbs you want by yourself in a small coffee grinder, or a small chopper. A capsule blender or chopper will do the job.

If you decide to grind your herbs, do it carefully and make sure you're sifting any large pieces out of the mix before using.

Powders are very highly concentrated so you don't need to take a large amount, especially when you are consuming the powder orally. An easy way is to put the powder in a capsule to make it easy to take.

You can take the loose herbal powder in many different forms, basically depending on what you want it to do for you and which method of taking the powder is most palatable for you. For example, if you are taking herbal powder to reduce imbalances in your body, you can mix it in a medium like applesauce to make it easier to take than just mixing it in with water. Certain people find some herbs to be irritating in the throat or the intestine, so taking powders directly might not be the best idea for them.

You can also encapsulate powdered herbs to make them easier to take. You can use a capsule machine to make capsules. You have the option to use gelatin based capsules or plant based capsules if you are vegan or vegetarian. Capsules take longer to act than powders but are a better way of consuming the entire herb.

You can take most capsules with water or warm herbal tea. If you use cayenne in your capsules, make sure you don't use them with a warm liquid because they can burn in the back of your throat.

You can also use pastilles, which are rolled herbal pills, a traditional method of herbal preparation. Herbal pills are made by mixing powdered herbs with dates or honey and rolling the mixture into small, pill shapes. You can then dehydrate or refrigerate the pills and take them whenever needed.

Pills, Lozenges, and Suppositories

Pills, lozenges, and suppositories are all made in similar ways. You first need to powder your herbs of choice and then add them to a liquid till they form a stiff dough. You can then shape the mixture as required.

Once you have your dough, pinch off a small amount from the dough ball to make a pill or a lozenge. A lozenge is slightly bigger than a pill in size. Roll the dough into a small ball and flatten it by pressing it between your fingers. You can then cover it with carob powder or more slippery elm. Then put your pills or lozenges into a very low heated oven, or you can also set them out in the sun for a day. Once they are dried out they will last you a long time.

Suppositories are a good way to deliver herbs right into the vagina or the rectum. They are generally used in pill form. They might seem messy once they dissolve and whatever is left behind leaks out; they still tend to be easier to use and less annoying than enemas or douches.

Many people opt for suppositories instead of douches for vaginal infections, as the pressure from the douche infusion can actually shove the infection further up the cervix. Suppositories are also a better way to deliver more resinous herbs, which do not extract like they are supposed to in water based remedies.

You can make a suppository by mixing the powdered herbs in melted cocoa butter. This is an easy and convenient way to deliver the herbs directly into the vagina or the rectum. Some suppositories are even used for nasal passages.

Ice cubes

Ice cubes are a fantastic source of herbal delivery, and they are straightforward to administer. It can be made from teas and decoctions as well. Liquid herbal medicine can be frozen after boiling and rapid cooling, a process called thawing. It also contains pain-relieving benefits, which are very specific to cold therapy. If we add sticks inside ice cubes, they can easily be turned into homemade sweet popsicles. This form of administration is highly famous among children. The ice bags and trays should be labeled accordingly to avoid issues.

Chapter 2: Recipes

Cayenne Tea

Ingredients:

- ⅛ teaspoon cayenne powder.
- 1 teaspoon honey.
- 2 teaspoons lemon juice.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Lavender Tea

Ingredients:

- 2 cups water.
- 5 tablespoons lemon balm.
- 2 tablespoons lavender flower, dried.
- 1 tablespoon honey.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon balm mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Strain the tea.
7. Serve and enjoy it.

Autumn Tonic Tea

Ingredients:

- 2 teaspoons nettle leaves.
- 1 ⅓ teaspoons lemon balm.
- 2 cups water.
- 1 ⅓ teaspoons of spearmint.
- 1 teaspoon mullein.
- 1 teaspoon ginger.
- 1 ½ teaspoons dandelion.

- 1 teaspoon rose hips.
- 1 teaspoon red clover.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 15 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Cucumber and Mint Popsicles

- 1 cup of fruit juice or coconut water
- 1–a 2-inch piece of fresh ginger, peeled
- 5 to 7 mint leaves

Process: Place the jars in the blender. Add ginger and mint. Make sure that they are completely blended. Pour in fruit juice or coconut water. Blend until smooth. Pour into popsicle molds and freeze overnight.

Basil Decoction

Method:

1. Boil 2 – 3 tablespoons of Basil leaves in a cup of water.
2. Steep for 10-15 minutes with a lid.
3. To make the decoction more concentrated, add more Basil leaves.
4. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
5. Thoroughly clean up the filter if used before storing it for later use.
6. Drink this hot herbal tea twice daily for best results.
7. Other components for your decoction include mint, rosemary, and lavender.
8. Also, note that Rosemary can be used instead of Basil for a more robust decoction.

German Chamomile Decoction

Method:

1. Boil 1 – 2 tablespoons of Chamomile flowers in a cup of water.
2. Steep for 10-15 minutes with a lid.
3. Take your Hot Chamomile decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.
7. Also, note that Rosemary can be used instead of Chamomile for a more robust decoction.

Chicory Decoction

Method:

1. Boil 1 – 2 tablespoons of Chicory roots in a cup of water.
2. Steep for 5-10 minutes with a lid.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.
6. Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.
7. Chicory can be used instead of Chamomile for a more robust decoction.

Throat Spray

This blend of soothing roots and bark is very effective for sore throats or for when the voice is scratchy or has vanished from illness or overuse. One or two sprays can provide immediate relief that lasts a good while, and the spray is safe to reuse often throughout the day.

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 quart water
- 1 tablespoon licorice root
- 1 tablespoon slippery elm bark 1 tablespoon marshmallow root
- 1 tablespoon grated fresh ginger root
- 1 cup 195-proof alcohol (such as Everclear) supplies
- A large
- A heavy saucepan with a lid
- A few 2-or 4-ounce plastic spray bottles

Directions:

1. Combine the water and herbs in a large, heavy saucepan. Cover with a lid and soak overnight.
2. The following day, boil everything together until the liquid is reduced by half (to about 2 cups).
3. Strain well to remove all the solids, then let the liquid cool completely.
4. Add the alcohol.
5. Pour into spray bottles and use as needed. (i like to make and label several small bottles.) Store at room temperature; the spray will keep for 10 years.

Blue Oat Smoothie

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- ½ cup old-fashioned rolled oats 1 cup milk (any kind)
- ½ cup frozen blueberries
- 2 tablespoons honey
- 1 small banana
- ½ cup ice
- 1 teaspoon dried holy basil
- ½ teaspoon powdered astragalus supplies
- A blender

Directions:

1. Put all the ingredients in a blender. Cover tightly and pulse to break up the ice cubes.
2. Continue pulsing until smooth. Check consistency and add more milk if necessary.
3. Serve immediately.

Cucumber and Lemon Ice Cubes

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 cup cucumber.
- 4 tablespoons of lemon juice.

Directions:

1. Add cucumber and lemon juice in a blender and blend to get a puree.
2. Transfer the puree into an ice cube tray and freeze it for several hours.

Berry Cubes

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- Berries (strawberry, blackberry and blueberry.)
- Water.

Directions:

1. Add berries to the ice cube tray and pour it with water.
2. Place the tray in the freezer and freeze for a few hours.

Relaxing Herbal Foot Bath

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- ½ cup lavender.
- 1 cup sage.
- ½ chops.
- ¼ cup rosemary.

Directions:

1. Add water to the pan and let it boil.
2. Add the herbs and stir well.
3. Cover the pan and reduce the flame.
4. Let it simmer for 15 minutes.
5. Transfer the mixture basin and add water.
6. Cover the basin with a sheet to contain the loss of heat.
7. Dip your feet and relax for 25 minutes.

Herbal Face Steam

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 1 tablespoon thyme.
- 1 tablespoon lavender.
- 1 tablespoon basil.
- 1 tablespoon eucalyptus.
- 1 tablespoon rosemary.
- 1 tablespoon peppermint.
- 1 tablespoon oregano.

Directions:

1. Boil water in the pot over medium flame.
2. Add herbs in a wide-mouth pot and pour in boiling water.
3. Mix well and cover the pot with the lid and leave for 3 minutes.
4. Before leaning over the pot to get steam, check the temperature not to burn your skin.
5. Lean over the pot and slowly inhale and exhale for about 10 minutes.

Herbal Bath Salts

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 3 cup salt, Epsom and Himalayan pink.
- ½ cup baking soda.
- 3 tablespoons olive oil.
- ½ cup rose petals, dried.
- 6 teaspoons lavender oil.
- 6 teaspoons rosemary oil.
- ½ cup lavender flower, dried.
- 8 teaspoons cardamom oil.
- ½ cup basil, dried.

Directions:

1. Combine all the ingredients in a food processor and blend to get a paste.
2. Transfer the paste into the jar and store it for later use.
3. Add 4 tablespoons of the paste into the bathing water and stir well.
4. Enjoy your relaxing and medicating bath.

Anti-inflammatory Bath Tea

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- ½ cup ginger.
- 5 cups water.
- ½ cup birch bark, dried.
- 2 cups Epsom salt.
- ½ cup yarrow, dried.

Directions:

1. Add water in a pot over medium flame.
2. Add bark and ginger and stir well.
3. Let it boil and reduce the flame to low, and cover the pot.
4. Cook for 15 minutes.
5. Mix in yarrow and cook for another 10 minutes.
6. Strain the mixture, and anti-inflammatory bath tea is ready.
7. Add the mixture into the bathing tub and enjoy your bath.

Cold Herbal Compresses

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 1 green tea bag.
- 1 peppermint tea bag.
- 1 chamomile lavender tea bag.

- 1 cup water.
- Eucalyptus essential oil
- Lavender essential oil

Directions:

1. Add water to a pot and let it boil.
2. Add tea bags in a cup.
3. Pour in boiling water and cover the cup.
4. Let it steep for 25 minutes.
5. Soak a towel or washcloth in tea solution and let it there for a few minutes.
6. Gently squeeze to remove extra liquid.
7. The washcloth should be wet, but no liquid dripping is there.
8. Now drizzle 1 tablespoon Eucalyptus essential oil over the wet washcloth.
9. Apply this medicated washcloth around your feet, chest, anywhere you want.

Note: This herbal compress remedy will help you relax during summer, give smoothness to your eyes and may also enhance the glow of your skin.

Hot Herbal Pouch

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 2 tablespoons ginger.
- 10 Eucalyptus leaves.
- 5 tablespoons lime peel.
- 2 tablespoons lemongrass.
- 1 tablespoon tamarind powder.
- 2 teaspoons salt.
- 3 teaspoons camphor granules.

Directions:

1. Combine all the ingredients in a bowl.
2. Transfer the mixture to a washcloth and make a pouch and tie it.
3. Place the pouch in hot water and massage the targeted area.

Laotian Herbal Compress

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 8 tablespoons cooked rice.
- 2 tablespoons basil.
- 3 tablespoons lemongrass.
- 3 tablespoons peppermint.
- 2 tablespoons ginger.
- 4 tablespoons cinnamon.

Directions:

1. Combine all the ingredients in a bowl.
2. Transfer the mixture to a washcloth and make a pouch and tie it.
3. Place the pouch in hot water and massage the targeted area.

Ginger Decoction

Method:

1. Boil 1 – 2 tablespoons of Ginger in a cup of water.
2. Steep for 10-15 minutes with a lid.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.

Note: Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.

Ginkgo Berry Decoction

Method:

1. Boil 1 – 2 tablespoons of Ginkgo in a cup of water.
2. Steep for 10-15 minutes with a lid.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.

Note: Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.

Ginseng Decoction

Method:

1. Boil 1 – 2 tablespoons of Ginseng in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.

5. Drink this hot herbal tea twice daily for best results.

Note: Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.

Horsetail Decoction

Method:

1. Boil 1 – 2 tablespoons of Horsetail in a cup of water.
2. Cover with a lid and steep for 10-15 minutes.
3. Take your hot decoction and strain it using a strainer or cheesecloth into an empty cup.
4. Thoroughly clean up the filter if used before storing it for later use.
5. Drink this hot herbal tea twice daily for best results.

Note: Other ingredients you may want to include in your decoction are mint leaves, rosemary, or lavender.

Black Apple Tea Mix

Ingredients:

- ⅓ cup chopped sweet apple.
- ⅓ teaspoon lemon juice.
- 1 clove.
- ¼ teaspoon cinnamon.
- ½ teaspoon honey.
- 1 teaspoon black tea leaves.

Instructions:

1. Add apple and lemon juice to a bowl.
2. Pour in water and keep it aside for 10 minutes.
3. Bake the apple slices in preheated oven at 300 ° F for 85 minutes. After baking, crush the apples and mix in all the remaining items. You can store this mixture in an airtight container.
4. When in need of black apple tea, boil the water in a pot.
5. Add 1 tablespoon apple mixture to the serving cup and mix well.
6. Pour boiling water into the serving cup with the mixture.
7. Cover the cup and steep it for 8 minutes.
8. You can mix in honey as per your taste.
9. Serve and enjoy it.

Digestive Tea

Ingredients:

- 1 tablespoon spearmint.
- ¼ teaspoon of licorice root, dried.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Wild Herbal Salad

Ingredients:

- Sheep Sorrel Leaves
- Plantain Leaves
- Dandelion leaves and flowers

Optional:

- Juice of one Tangerine

Directions:

1. Toss all of the leaves together, top with broken-up Dandelion flowers, and add other extra ingredients (excellent options include other salad greens, raw veggies, raw nut slivers, and sunflower seeds), then drizzle with fresh Tangerine juice.

To Use: Just eat it!

How to Make a Pea Soup

Ingredients:

- ½ cup dried scurvygrass, chopped
- 2 tablespoons butter
- 3 tablespoons flour
- 3 cup boiling water
- ¼ teaspoon pepper flakes
- ¼ teaspoon salt

Directions:

1. Soak the scurvygrass overnight in a bowl of water. The next day, wash off the scurvygrass and then plunge it into a large pot of boiling water.
2. Boil for about 20 minutes to make sure all the toxins are killed.
3. Strain out the scurvygrass and save the broth. If you want, you can add some carrots to this recipe, but it is not necessary.
4. In a prepared large sauté pan, melt the butter over medium-high heat. Then add the scurvygrass and cook for about 10 minutes until it is nicely browned.
5. Allow the soup to cool slightly, and then use a blender to puree it. You can strain the soup into a large bowl, but it is not necessary to do so.
6. Finally, serve the soup and enjoy! This is a very healthy treat that you can make to help build up your immune system and help to ward off any infections.

Note: The soup is based on a Native American recipe that was used to treat scurvy. It will help you boost your immune system and help fight off many different types of infections in the body.

Instant Boo-Boo Reliever

Ingredients:

- Wild Plantain Leaves

Directions:

1. Pick the leaves and cut them, or crush them up as best you can with your hands if you're out in the woods.

To Use: Apply immediately to any external wound and leave on for as long as needed. Apply a bandage to the area and keep it on for a few hours. As needed, repeat the process.

Calendula Salve

Used for: Eases skin irritation, dried skin, eczema, wound healing.

Calendula has antifungal, antibacterial, and anti-inflammatory properties. A salve made with this herb is great for chapped lips, dry hands, cuts, scrapes, and bruises.

Ingredients to make the calendula oil:

- Calendula flowers, dried
- Coconut oil
- Vitamin E oil

Ingredients to make the salve:

- 4-ounces calendula-infused oil
- ½-ounces chopped beeswax

Directions for the oil:

1. Put dried calendula flowers in a glass jar (leaving about ¼ of it empty) and fill with oil, so the flowers are covered.
2. Label your jar. Put the jar in a sunny windowsill and gently shake every 2-3 days. After at least 3 weeks, the oil will be thoroughly infused.

Directions for the salve:

1. In a double boiler, add your infused oil and beeswax.
2. Heat and stir, so the beeswax melts and mixes in smoothly with the oil. Remove from the heat and funnel into a glass jar or tin. Let the salve cool before closing the lid.
3. Label the container, remember also to write down the date. When using the salve, don't scoop out with your finger, as this increases the risk of contamination. Use a swab. When stored properly, this salve can last up to 3 years.

Tulsi-Chamomile Tea

Used for: Decreases cholesterol levels, eases stress, lowers blood sugar, and helps with cold symptoms.

Together, they make a tea that can help ease cold symptoms, stress, and improve your heart health.

Ingredients for fresh tea (makes five 1-cup servings):

- 5 cups water
- Handful holy basil leaves, fresh (or 1 ½ tablespoon holy basil, dried)
- 2 tablespoons chamomile flowers, fresh (or 1 tablespoon chamomile flowers, dried)
- Raw honey to taste

Directions:

1. Steep fresh leaves and flowers in the hot water for 5-10 minutes. Strain and sweeten to taste. You can also drink this tea cold by serving it with ice. If you're using dry leaves and flowers, you use less because dry herbs have a more intense flavor.

Soothing Lemon Tisane

Ingredients:

- 4 tablespoons lemongrass.
- 1 tablespoon lemon zest.
- 1 tablespoon lemon balm.
- 1 teaspoon chamomile.
- ¼ teaspoon stevia.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Herbal Face Steam

Ingredients:

- 1 tablespoon thyme.
- 1 tablespoon lavender.
- 1 tablespoon basil.
- 1 tablespoon eucalyptus.
- 1 tablespoon rosemary.
- 1 tablespoon peppermint.
- 1 tablespoon oregano.

Instructions:

1. Boil water in the pot over medium flame.
2. Add herbs in a wide-mouth pot and pour in boiling water.
3. Mix well and cover the pot with the lid and leave for 3 minutes. Before leaning over the pot to get steam, check the temperature not to burn your skin.
4. Lean over the pot and slowly inhale and exhale for about 10 minutes.

Elderberry Juice

The juice can be solidified or canned. Freeze it in 1-cup (235 ml) parcels in a level compartment, enormous enough that the thickened juice is under ½-inch (1.3 cm) thick.

It is so natural to sever a piece when required simply.

- **Ingredients:**
 - 1 quart new elderberries or 1 cup (150 g) dried
 - 1 quart (940 ml) water (if utilizing dried berries), in addition to water to cover
- Directions

Yield:

- 3 cups (705 ml)

Instructions:

1. Spot the new flushed berries into a dish and add only enough water to abstain from burning. Warm to a stew and tangle to help discharge the juice as the heat begins to pop the berries. A potato masher is extraordinary for this reason. Proceed with tenderly warming and sometimes crushing until the majority of the berries have blasted and gone to juice. Pour through a fine-work strainer to catch the seeds, or line a filter with a bit of cheesecloth.
2. This is a genuinely focused juice, and 1 cup (235 ml) taken in 1-tablespoon (15 ml) divides four times each day for three days is sufficient to get an individual through a viral danger.
3. In the case of utilizing dried berries, absorb the berries 4 cups (940 ml) water expedite and continue as above.

Vitamin C Pills

Used for: Vitamin C tablets are useful for helping to boost the immune system and fight off colds and flu-like symptoms.

Ingredients:

- 1 tablespoon rose hip powder (the fruit of a rose plant, which has a high Vitamin C content)
- 1 tablespoon amla powder (an Indian gooseberry, which has strong antibacterial properties)
- 1 tablespoon acerola powder (a Barbados cherry, which is great for stomach discomfort)

- Honey
- Orange peel powder (optional) (orange is a citrus fruit, and its peel is often used for flavor)

Instructions:

1. Blend the powdered herbs, smoothing out any clumped powder. Pour a few droplets of slightly warmed honey into the powdered mix. Stir, add a few more droplets and stir again. Mix until the combination holds together without being too sticky or moist.
2. Shape the mix into pea-size balls. Roll these around in the orange powder if you've selected to use it. The mixture should make 45 balls. Store these in an air-tight container to give them an extended shelf life. Take 1-3 daily.

Hyssop Oxymel

Used for: Great for colds, flu, and bronchitis.

Ingredients:

- Hyssop, fresh or dried (an herbaceous plant with antiseptic and expectorant properties)
- Honey
- Apple Cider Vinegar (vinegar made from cider that is great for weight loss and heart health)

Instructions:

1. Fill a jar lightly with chopped fresh hyssop. (Only half fill it if you're using dried hyssop).
2. Then, fill the jar with honey just $\frac{1}{3}$ of the way, and top it off with the apple cider vinegar.
3. Let it sit for 2-4 weeks in the sealed jar before straining.
4. For a congested cough, you can take 1-2 teaspoons of this remedy every hour. Keep the hyssop oxymel in the fridge for better preservation.

Oat Straw Infusion

Used for: This oat straw infusion is great for its calming, stress-relieving effect.

Ingredients:

- 2-ounce of the oat straw herb (comes from *Avena sativa*, which has long-lasting energy effects)
- Boiling water

Instructions:

Put oat straw into a 1-quart jar, then pour boiling water over the herb. Cap it with an air-tight lid.

1. Allow the mix to rest for 4-6 hours, which will infuse the minerals throughout the solution.
2. Strain it. If you choose to, you can add a little extra to your mixture once it's made; lavender, lemon verbena, rosemary, *etc.*
3. Oat straw can be used as a base for juices, lemonades, and frozen concentrates. You can use it to create ice cubes or ice pops if you want a variation.

Sleep Time Tea

Ingredients:

- 1 cup (235 ml) water
- 1 teaspoon passionflower
- 1 teaspoon chamomile
- 1 teaspoon lemon salve

Yield:

- 1 cup (235 ml)

Instructions:

1. Consolidate the water and herbs in a pot and bring to a stew. Expel from the warmth and let steep.

Echinacea Remedy

Used for: This remedy is perfect for canker sores.

Ingredients:

- 2 tablespoons sage tincture
- 2 tablespoons echinacea tincture
- 2 tablespoons lemon balm tincture

Instructions:

1. Combine the three tinctures in a dropper bottle. Use one dropper full of the mixture to swish around your mouth 2-3 times daily.

Spicy Ginger Elixir

Ingredients:

- ½ cup (50 g) hacked ginger
- 1 lemon, daintily cut
- 1 (4-inch, or 10 cm) cinnamon stick

- 2-star anise
- 2 cardamom units
- ½ cup (160 g) crude nearby honey
- 1 cup (235 ml) 100 proof vodka or liquor

Yield:

- 1 cup (235 ml)

Instructions:

1. Spot the ginger, lemon cuts, cinnamon, star anise, cardamom and honey into a 16 ounces container, mix to join, and add the vodka to cover (it might take more or under 1 cup [235 ml]). Permit to soak for about a month. Strain into a spotless container and appreciate.

Plantain Skin Care

Ingredients:

- 3 tablespoons (45 ml) plantain-mixed oil
- 1 tablespoon (14 g) cocoa butter
- 1 tablespoon (14 g) beeswax

Yield:

- 5 tablespoons (75 g)

Instructions:

1. In a pot, heat all the ingredients delicately over low warmth until liquefied. Mix together and fill tins. Let cement before putting tops on the tins. If you need a demulcent that is fewer firms, utilize less beeswax.

Rose and Lemon Gulkand

Rose gulkand is a sort of rose jam that began in the Middle East, where it is utilized to animate assimilation. It is cooling and diminishes pressure.

Ingredients:

- 1 quart (1 L) softly pressed profoundly fragrant flower petals
- 1½ to 2 cups (300 to 400 g) crude sugar
- Zest of 1 lemon
- ⅛ teaspoon ground cardamom

Yield:

- 1 quart (1 L)

Instructions:

1. In a perfect quart (1 L) container, layer 1 inch (2.5 cm) of flower petals. Spread with around ¼ inch (6 mm) of sugar. Repeat. Each couple of layers, include a touch of the lemon zest and a spot of the cardamom. Proceed until all the ingredients are utilized, with sugar being the top layer. Spread firmly.
2. Leave on the windowsill, where the daylight will separate the petals and the sugar and rose will start to merge. Every other day, mix the blend and return it to the windowsill. Proceed for a month, and it is finished.

Note: This is flavorful on scones, frozen yogurt, crepes, and even toast. The fragile kind of rose with the dash of the lemon and smoothness of the cardamom is life-changing. This could undoubtedly be viewed as an affection spell if that goal is included during the mixing. Feed it to the object of your expressions of love—it could very well work.

Rose and Vanilla Elixir

Roses elevate the soul, quiet and focus the psyche, feed the heart, and support love and reproduction. They are astringent and tonic to the stomach related and eliminative tract. Vanilla beans unwind and calm, warm the gut, bring us into our bodies, offer gentle love potion properties, and taste delectable.

Ingredients:

- 3 to 5 vanilla beans, cut the long way and finely hacked or squeezed 1-16 ounces (470 ml) container approximately loaded up with new flower petals 1 cup (235 ml) excellent, smooth-tasting liquor.
- 1 cup (320 g) unadulterated crude honey

Instructions:

1. Add the vanilla to the container of roses. Consolidate the liquor and honey, blend well, and pour over the roses and vanilla. Spread to the edge of the container and jab with a chopstick to ensure the herbal material is secured. Top the container and store it in a cool, dim spot for 4 to about a month and a half. Strain and tap into a perfect jug.
2. Take a dropperful of the mixture straight into your mouth, or add to some hot or cold water or tea whenever you need a touch of motivation, unwinding, or break. It's a phenomenal gut-warming stomach related guide and is great over vanilla frozen yogurt!

Salvia Fritta

This is the more muddled strategy for making seared sage leaves.

Ingredients:

- 1 cup (226 g) coconut oil
- ¼ cup (40 g) flour
- ¼ cup (30 g) cornstarch
- ½ cup (120 ml) soft drink water

- 16 to 24 flawless sage leaves
- Sea salt

Yield:

- 16 to 24 sage leaves

Instructions:

1. Warm the oil in a griddle. While it warms, join the flour, cornstarch, and soft drink water in a bowl and whisk well.
2. Dig the savvy leaves in the hitter. At the point when the oil is acceptable and hot, include 4 or 5 of the leaves in the skillet, and fry until brilliant earthy colored. Channel on paper towels. Rehash until all the leaves are seared. I don't know to what extent these will keep. It's never occurred.
3. Spare the oil, this will be injected with sage flavor. You can utilize it to cook poultry, potatoes, or veggies later.

Sage Pesto

This formula utilizes garlic scapes, the empty cutting edges that develop in the spring only preceding a flower. The scapes must be sliced to forestall that sprout, keeping the vitality of the plant concentrated on the bulb of garlic under the ground. Scapes have gotten somewhat of a delicacy as of late, and are regularly found at ranchers' business sectors in the spring.

Ingredients:

- $\frac{2}{3}$ cup (160 g) olive oil, or more varying, separated
- 1 cup slashed garlic scapes
- 1 cup new savvy
- $\frac{1}{4}$ cup (50 g) slashed pecans, toasted
- $\frac{1}{4}$ cup (35 g) ground Parmesan cheddar

Yield:

- 3 cups (720 g)

Instructions:

1. In the blender, join $\frac{1}{4}$ cup (80 ml) of the olive oil, the garlic scapes, and the sage. Mix on high.
2. While the ingredients are mixing, include the staying $\frac{1}{4}$ cup (80 ml) olive oil in a stream. Blend in the Parmesan cheddar by hand.

Cleansing Aloe Water

Used for: Detoxing, constipation relief, heartburn relief.

This aloe water can help with stomach issues, like constipation.

People also drink aloe water to boost their energy and immunity. If you haven't eaten aloe before, we recommend talking to a professional first.

Only ingest only a small amount at a time as aloe can have laxative effects.

Ingredients:

- ½-teaspoon or 1 tablespoon aloe gel
- 1 cup water

Instructions:

1. Scrape out gel from a fresh-cut leaf into a blender or food processor. If you have never ingested aloe before, start with just ½ teaspoon.
2. Blend with water and drink!
3. To make the beverage tastier, you can add other ingredients like 100% fruit juice, cucumber, parsley, or raw honey.

Tulsi-Chamomile Tea

Used for: Decreases cholesterol levels, eases stress, lowers blood sugar, and helps cold symptoms.

Ingredients for fresh tea (makes five 1-cup servings):

- 5 cups water
- Handful holy basil leaves, fresh (or 1 ½ tablespoon holy basil, dried)
- 2 tablespoons chamomile flowers, fresh (or 1 tablespoon chamomile flowers, dried)
- Raw honey to taste

Instructions:

1. Steep fresh leaves and flowers in the hot water for 5-10 minutes. Strain and sweeten to taste. You can also drink this tea cold by serving it with ice. If you're using dry leaves and flowers, you use less because dry herbs have a more intense flavor.

Herbal Infused Balm

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- Dry Herbs (chamomile + peppermint + Calendula and Lavender)
- Carrier Oil (Jojoba, Almond or Olive)
- Beeswax: 2 tablespoons for ¼ cup oil
- Essential oils of your choice
- Lidded containers

Directions:

1. Infuse oils for almost 2 to 3 weeks in airtight containers. You should toss them on a

regular basis. Strain out herbs and combine this oil in a saucepan with beeswax and add in a double broiler to melt on low heat. Once melted, pour these ingredients into clean containers and mix 20 to 30 drops of essential oils in each container. Let this salve cool down and turn hard. Store in cool and dry places.

Foot Salve

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 4-ounce Pure lanolin
- 1 ounce Raw beeswax
- 1.5-ounce Olive oil (infuse this oil with calendula flowers, comfrey leaves, and plantain leaves)
- ½ ounce Shea butter
- ¼ ounce Cocoa butter
- ½ teaspoon Neem oil
- ¼ teaspoon Sea buckthorn oil
- 1 ml Vitamin-E oil
- 1 ml Lavender EO (essential oil)
- 1 ml Rosemary EO
- 1 ml Fir needle EO
- 1 ml Tea tree EO
- 1 ml Rosemary extract

Directions:

1. To prepare this salve, you have to follow the standard procedure given in the first chapter to make a salve. Carefully follow each and every step. You can use a boiler to melt beeswax and oil, but you should keep it on low heat.

Fruit and Herb Popsicles

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 1 cup of fruit juice or coconut water
- 2-inch piece of fresh ginger, peeled, sliced into ¼ pieces 5 to 6 fresh mint leaves

Directions:

1. Place the jars in the blender. Add in mint leaves and ginger. Make sure that all the pieces are completely blended. Pour in fruit juice or coconut water. Blend until smooth. Pour into popsicle molds and freeze overnight.

Herbal Popsicles

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 1 cup of fruit juice or coconut water
- 5 to 7 fresh mint leaves

Directions:

1. Place the jars in the blender. Add mint leaves and make sure that they are completely blended. Pour in fruit juice or coconut water. Blend until smooth. Pour into popsicle molds and freeze overnight.

Cucumber and Mint Popsicles

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 cup of fruit juice or coconut water
- 1–2-inch piece of fresh ginger, peeled
- 5 to 7 mint leaves

Directions:

1. Place the jars in the blender. Add ginger and mint. Make sure that they are completely blended. Pour in fruit juice or coconut water. Blend until smooth. Pour into popsicle molds and freeze overnight.

Flu Tonic

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 apple cut in 4 slices
- 6 mint leaves
- 1 cubic inch of ginger
- 1 teaspoon turmeric
- 1 teaspoon cinnamon
- 2 teaspoons cayenne pepper
- 1 tablespoon of apple cider vinegar

Directions:

1. Juice the mint leaves and ginger.
2. Pour it into a glass and add the apple cider vinegar.
3. Add all 3 spices to your taste, as well as cayenne pepper. Mix well and enjoy.

Walnut Coconut Milk with Turmeric and Cinnamon

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 cup of walnut
- 1 cup of shredded coconut
- 1 teaspoon vanilla extracts
- 1 teaspoon cinnamon
- 1 teaspoon turmeric
- 1 teaspoon raw honey
- Pinch of sea salt
- 4 cups of filtered water.

Directions:

1. Soak the walnut overnight. Rinse and drain the walnuts.
2. Add all ingredients into the vita mixer or blender.
3. Put a strainer bag into a container and pour the food you just blend into the bag and strain it so you get a very thin juice like milk.

Relaxing Lavender Tea

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 teaspoon dried lavender flowers
- 1 teaspoon dried chamomile flowers
- 1 teaspoon dried peppermint

Directions:

1. Add these three herbs to a tea bag, or tea steeping device and pour hot, but not boiling water over the herbs. Allow to steep for 2-5 minutes and enjoy immediately. Use when feeling stressed or in need of calmness.

St John's No Worry Wort Tea

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 2 teaspoons dried St John's Wort
- Pinch dried ginger
- 1 tablespoon honey

Directions:

1. Pour hot, but not boiling water over the dried St John's Wort and allow to steep for 5 minutes. Strain out the herb and add ginger and honey. Enjoy whenever stress and worry begin to set in.

Mullein Respiratory Tea

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- Dried Mullein
- Dried Chamomile
- Dried Peppermint
- Licorice Root

Directions:

1. Place the combination of herbs in a tea bag or steeping device and pour hot, not boiling water over them. Let steep for 3-5 minutes before enjoying. Use whenever experiencing respiratory distress.

Golden Milk Tea

Golden milk is a delicious treat to drink in the evening and imparts all of the glorious health benefits of turmeric and ginger. Turmeric in particular is activated when mixed with black pepper and fats, which shows how this traditional ayurvedic recipe has survived the test of time.

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 2 cups water
- ¼ pound fresh turmeric roots, grated (wear gloves for this)
- 1 (1-inch) piece fresh ginger, grated
- 1 tablespoon ground cinnamon
- 2 teaspoons freshly ground black pepper
- ½ teaspoon ground nutmeg
- 3 teaspoons coconut oil
- 1 cup milk of your choice (dairy, soy, or nut)

- 1 heaping teaspoon honey
- Supplies
- Rubber gloves
- Saucepans
- An airtight jar

Directions:

1. In a saucepan over high heat, bring the water to a boil, then reduce the heat to low and simmer for 5 minutes.
2. Add the turmeric, ginger, cinnamon, pepper, nutmeg, and coconut oil, and stir while simmering for a few more minutes, or until the liquid forms a paste.
3. In another saucepan, warm the milk over low heat.
4. Add a heaping teaspoon of the paste and the honey. Stir to mix well before drinking.
5. The leftover paste will keep in an airtight jar in the refrigerator for up to 2 weeks.

Tonic Granola Bars with Holy Basil, Astragalus, and Ashwagandha

These granola bars are great to grab for breakfast when you're on the run—they're delicious and provide a terrific boost. No baking required!

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 4 tablespoons (½ stick) butter, plus more for greasing
- 2 cups quick oats
- 1 cup crispy rice cereal
- ¼ cup peanuts
- ¼ cup pumpkin seeds or pistachios
- ¼ cup mini chocolate chips
- 1 tablespoon holy basil powder
- 1 tablespoon astragalus root powder
- 1 tablespoon ashwagandha root powder
- 1 tablespoon minced crystallized ginger
- ¼ teaspoon salt
- ¼ cup brown sugar
- ¼ cup honey
- ½ cup peanut butter
- 1 teaspoon vanilla extract
- Supplies
- A baking pan
- A large saucepan
- An airtight container

Directions:

1. Butter a 9-inch square baking pan.
2. In a large bowl, stir together the oats, cereal, peanuts, pumpkin seeds, chocolate chips, herb powders, ginger, and salt. Set aside.
3. In a large saucepan, bring the butter, brown sugar, honey, and peanut butter to a low

- boil for a few minutes. Remove from the heat and stir in the vanilla extract, followed by the dry ingredients. Mix completely.
4. Spread the mixture evenly in the prepared baking pan and refrigerate for an hour before cutting and serving.
 5. The granola bars can be stored in an airtight container in the refrigerator for up to 10 days.

Charcoal Black Salve

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- ¼ cup Calendula-infused oil (prepare your infused oil)
- ¼ cup Coconut oil
- 2 teaspoons Beeswax (beeswax pellets)
- 3 teaspoons Activated charcoal (almost 15 capsules)
- 3 teaspoons Clay (bentonite clay)
- 10 drops Lavender EO
- 10 drops Tea tree EO

Directions:

1. Melt coconut oil and beeswax together by putting your glass container in a saucepan filled with water. Place this saucepan on a low flame and let it melt. Make sure to use only glass containers because plastic containers are not good for this purpose. After melting, turn off the heat and add the remaining ingredients. Let the salve cool down until it becomes hard. Secure them in lidded containers in dark and cool places.
2. You can apply this salve directly on the splinter area, bug bite and sting. Apply salve on your skin after every 12 hours until needed.

Perfect Salve for Burn

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- ¼ cup Raw Honey
- 1 tablespoon Coconut oil (extra virgin)
- 1 tablespoon Aloe Vera

Directions:

1. Whisk these ingredients together with a mixer or a spoon. Store this salve in a glass jar. Before using this salve, clean the affected area with apple vinegar. It will help you to restore the minerals and vitamins of your skin. Apply this burn salve on the

cleansed area and cover it with gauze to keep this salve on your skin. This salve is for minor burns, so avoid its use on major wounds that require immediate medical attention.

Plantain Salve

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 4-ounce Olive oil (infused with dry plantain)
- 1 ounce Beeswax
- 5 drops Grapefruit seed (Extract)
- 5 drops Vitamin-E oil
- Chopstick containers, tins, or glass jars to hold slave
- 2 drops Peppermint Oil
- 2 drops Lavender Oil

Directions:

1. Follow the standard procedure given in the first chapter to infuse the oil and make your salve. Carefully pour prepared salve in glass containers and let them sit for almost 24 hours. Make sure to select an airtight jar to keep them secure for a longer period.

Cinnamon Powder

It makes 20 to 24 capsules

For Treating: Diarrhea

For Adults: Three capsules for relief

For Children: One capsule for relief

Serving size: make one serving

Preparation time: 15 minutes

Ingredients:

- 20 to 24 empty gelatin capsules.
- 2 tablespoons powdered cinnamon

Directions:

1. Fill the capsules with cinnamon powder
2. Take 3 capsules when you have diarrhea. If relief isn't obtained within an hour, take another dose

Meadow Tea

Ingredients:

- 5 tablespoons mint leaves.
- 1 tablespoon honey.

Instructions:

1. Boil the water in a pot.
2. Add mint and mix well.
3. Cover the pot and let it boil for 20 minutes at a low flame.
4. Strain the tea in a serving cup.
5. Stir in honey.
6. Serve and enjoy it.

Herbal Infusion Tea**Ingredients:**

- ½ teaspoon rooibos tea.
- ½ teaspoon ginger.
- ⅓ teaspoon cloves.
- ½ teaspoon cinnamon.
- ⅓ teaspoon cardamom.

Instructions:

1. Add water to a pot and mix in all the ingredients.
2. Bring the water to boil for 20 minutes while covering the pot.
3. Strain the tea in a serving cup.
4. Serve and enjoy it.

Easy Masala Tea**Ingredients:**

- 1 teaspoon cinnamon.
- 1 teaspoon ginger.
- 1 teaspoon cardamom.
- ½ clove.
- 1 teaspoon black tea leaves.
- ¼ teaspoon black peppercorns.
- 2 cups water.
- 1 ½ cups milk.

Instructions:

1. First, crush cinnamon, peppercorn, cardamom, and cloves in a mortar system.
2. Add water to a pan and bring it to a boil.
3. Add the crushed spices and ginger.
4. Reduce the flame to low and cover the pan.

5. Let it simmer for 20 minutes.
6. Stir in milk and tea leaves.
7. Cover the pan again and cook it for 7 minutes.
8. You can add honey or sugar as per your taste.
9. Strain the tea in serving cups.
10. Serve and enjoy it.

Hyssop Oxymel

Used for: Great for colds, flu, and bronchitis.

Ingredients:

- Hyssop, fresh or dried (an herbaceous plant with antiseptic and expectorant properties)
- Honey
- Apple Cider Vinegar (vinegar made from cider that is great for weight loss and heart health)

Directions:

1. Fill a jar lightly with chopped fresh hyssop. (Only half fill it if you're using dried hyssop).
2. Then, fill the jar with honey just $\frac{1}{3}$ of the way, and top it off with the apple cider vinegar.
3. Let it sit for 2-4 weeks in the sealed jar before straining.
4. For a congested cough, you can take 1-2 teaspoons of this remedy every hour. Keep the hyssop oxymel in the fridge for better preservation.

Infusion of Fennel

Preparation:

1. Turn off the stove and let it steep for 10 minutes.
2. Use 1-2 teaspoons of the mixture as often as needed for cold, cough, and respiratory disorders.
3. People who regularly take this infusion have fewer cases of constipation every year because they have strong bacterial resistance.

Calendula Healing Salve

Ingredients:

- 5 parts Solar or Stovetop Infused Oil of Calendula
- 1 part Beeswax (Candellia Wax is a vegan option but uses a slightly smaller amount than beeswax)
- 1 teaspoon Vitamin E Oil (preservative)
- Optional: 100% pure essential oil of your choice. Lavender and Tea Tree are good options. 5-20 drops depending on the amount of salve you are making.

Directions:

1. Melt beeswax and oil together in a pan, add optional essential oil and pour into the container of your choice. Let solidify and cool, then put the lid on, and it's ready to go.

To Use: Apply directly to cuts, scrapes, hangnails, splinters (helps to draw), eczema, diaper rash, wounds, chapped lips, minor burns, or any other skin condition.

Oat Straw Infusion

Used for: This oat straw infusion is great for its calming, stress-relieving effect.

Ingredients:

- 2-ounce of the oat straw herb (comes from *Avena sativa*, which has long-lasting energy effects)
- Boiling water

Directions:

1. Put oat straw into a 1-quart jar, then pour boiling water over the herb. Cap it with an air-tight lid.
2. Allow the mix to rest for 4-6 hours, which will infuse the minerals throughout the solution.
3. Strain it. If you choose to, you can add a little extra to your mixture once it's made; lavender, lemon verbena, rosemary, etc.
4. Oat straw can be used as a base for juices, lemonades, and frozen concentrates. You can use it to create ice cubes or ice pops if you want a variation.

Lemon Verbena Sun Tea Popsicles

Ingredients:

- 2 cups water.
- 1 cup pineapple juice.
- 2 tablespoons verbena.

Instructions:

1. Add verbena and water in a jar. Cover the jar and shake well.
2. Place the jar in the sunshine for a few hours to extract the essence of the herb.
3. Strain the mixture and set it aside.
4. Add pineapple juice to the mixture and toss well.
5. Transfer the mixture to the mold and place the mold in the freezer and freeze for a few hours.
6. Serve and enjoy it.

Aloe Burn Relief

Used for: Eases sunburn pain, mild burns, psoriasis.

Aloe is a very common ingredient in sunburn ointments. In its natural state, it helps heal and moisturize the skin. It helps with just about any skin issue involving redness and itchiness.

Ingredients:

- Piece of aloe vera leaf

Directions:

1. This is probably the easiest remedy you'll come across. If you've never used aloe before, always test it in a small area of your skin first, so you're sure you aren't allergic to it.
2. Simply cut the tip off one of the leaves, making sure to cut at an angle (just not straight across), and leaving at least some of the leaves left. With a knife, carefully split the leaf in half, revealing the gel. Rub gel directly on your burn. That's it!

Cleansing Aloe Water

Used for: Detoxing, constipation relief, heartburn relief.

This aloe water can help with stomach issues, like constipation.

People also drink aloe water to boost their energy and immunity. If you haven't eaten aloe before, we recommend talking to a professional first.

Only ingest only a small amount at a time as aloe can have laxative effects.

Ingredients:

- ½-teaspoon or 1 tablespoon aloe gel
- 1 cup water

Directions:

1. Scrape out gel from a fresh-cut leaf into a blender or food processor. If you have never ingested aloe before, start with just ½ teaspoon.
2. Blend with water and drink!
3. To make the beverage tastier, you can add other ingredients like 100% fruit juice, cucumber, parsley, or raw honey.

Elderberry Syrup

Used for: Cold and flu.

If they aren't deactivated, the syrup can actually make you sicker. Elderberry syrup should be avoided in long-term, large doses if you have an autoimmune condition. Talk to your doctor before use. The following formula comes from the Franklin School of Integrative Health Science (Hawkins, Hires, Dunne, & Baker. (2019) The Proper Way to Make Elderberry Syrup.

Ingredients:

- 100 grams dried elderberries
- 1-2 quarts cold, distilled water
- 1 ½ cup raw honey

Directions:

1. Combine water and berries in a large stockpot. Soak for 30-60 minutes. Move to a burner on medium heat and slowly bring to a boil. When you've got a rolling boil, reduce the heat to a simmer. Cook for 30-45 minutes, stirring frequently and leaving the lid off the pot. Potentially dangerous toxins are removed during this cooking process.
2. Strain mixture and measure. It should be about 2 cups. If it's less, add water until you get 2 cups. If you have more than 2 cups, boil the mixture down. For dosing purposes, it needs to be very close to 2 cups. Mix with honey. Return the pot to the stove and bring it to a boil again. Cook for 10-30 minutes until the mixture is thick and syrupy. Measure how much you have in tablespoons and, write that on your label, along with "Elderberry Syrup" and the date. Cool and funnel into bottles. Keep in the fridge for up to 2 weeks.
3. This recipe produces 35 doses. To get one dose, divide the total amount you have by 35. In general, adults can take 1 tablespoon every 3-4 hours (up to six times a day) if they're sick, while kids over 1 should take 1 teaspoon per dose.

Sage-Infused Honey

Used for: Sore throat.

Sage and honey are both great for treating a sore throat. Sage is astringent, anti-bacterial, and anti-inflammatory. Raw honey also contains powerful medicinal components and coats the throat. Together, they form a tasty and strong cough syrup. Because this syrup is just sage and honey, it can also be used in culinary recipes if you want!

Ingredients:

- 1 cup raw honey
- 1 cup sage leaves, fresh

Directions:

1. Wash and dry sage. Trim leaves off stems if you haven't already. Put the sage into your glass jar, filling up to ¾ of the way full.
2. Pour honey into the jar. If it moves really slowly, you can heat it a little in a double boiler, but do it very gently and only until it's just becoming smoother.
3. Heat kills many of the raw honey's medicinal properties. When honey is in your jar, stir. Seal and label the jar.
4. Store in a cool, dry, and dark place. It will be at its best for 1 year. When spooning out honey, always use a clean spoon to avoid contamination.

Ginger-Thyme Cough Drops

Used for: Sore throat.

Homemade cough drops are tasty and a great vehicle for your herbs. They're also a great gift around cold and flu season. Ginger is an anti-inflammatory while thyme has been used as a sore throat and coughing remedy for years.

Ingredients:

- 3-5 slices ginger, fresh (or 1 teaspoon ground ginger)
- ½ cup thyme, fresh (or 3 tablespoons thyme, dried)
- 1 cup water
- 1 tablespoon lemon juice
- 1 cup raw white sugar
- 1 tablespoon honey

Directions:

1. Line two baking trays with baking paper. In a saucepot, bring your water to a boil. Add the ginger and thyme. Reduce the heat to a simmer and steep for 10 minutes. Strain and set aside for now.
2. To make the sugar syrup, put the sugar, lemon juice, and ½ cup + 1 ½ tablespoons of the herb-infused water in a pot. Turn on the heat. Stir constantly as the sugar dissolves. It should take about 7-10 minutes. Once the sugar is dissolved, reduce the heat and cook for another 7-10 minutes. When the mixture hits 300-degrees (use a candy thermometer), it's ready.
3. Drop cough drop-sized dots of the syrup on your baking sheets and cool. When they're hard, move to a labeled container. Use within 4 weeks.

Elderberry Extract/Tincture

When you perceive how rapidly it can leave an infection speechless, you'll be contributing to everybody, you know.

Ingredients:

- Dried or fresh elderberries
- Menstruum (vodka or liquor of decision) to cover
- 1-16 ounces (470 ml)

Instructions

1. In the case of utilizing dried material, fill a 1-16 ounces (470 ml) container 33% full before including fluid (menstruum is the specific term for the dissolvable or transporter utilized in a concentrate, tincture, or remedy). In the case of using new herbs, fill free to the top.

Elderberry Syrup

This syrup is so tasty it very well may be utilized to improve tea or spread on toast and hotcakes, and the children could reveal to you the subsequent they feel the minor piece scratchy in the throat.

Ingredients:

- 1 cup (150 g) dried elderberries or 3 cups (450 g) new or solidified Zest and squeeze from 1 lemon
- 2-to 3-inch (5 to 7.5 cm) bit of ginger root, ground 6-inch (15 cm) bit of cinnamon bark, broken
- Five cardamom cases
- 1 vanilla bean or 1 teaspoon vanilla concentrate
- 3 cups (705 ml) water if utilizing dried berries or 1 cup (235 ml) if using new or solidified 1 cups (160 g) honey
- 3 cups (705 ml)

Instructions:

1. Put all the ingredients aside from the honey into a pot and heat at medium temperature. Lower the warmth, and gradually stew for 30 minutes. Permit to cool, and afterward strain, crushing all the high fluid from the solids. Measure and return the imbuelement to a stew until there is 1 ½ cups (355 ml) fluid. Permit to cool somewhat and mix in the honey until it is very much fused.
2. Sugar can be utilized rather than honey. To do that, measure the fluid in the wake of cooking and include twice as much sugar as there is fluid. For instance, if there is 1 cup (235 ml) of fluid, utilize 2 cups (400 g) of sugar. Mix to break down the sugar and afterward heat to the point of boiling for 3 to 5 minutes to lessen somewhat. The measure of sugar or honey is vital as an additive, so if you decide to utilize less, it must be refrigerated and used inside a month or two.
3. The more significant part of the flavors in the formula can be treated as discretionary (aside from ginger, I love that warming ginger in there), and I at first began adding them to the recipe for the flavor. It was a charming shock to learn years after the fact that cardamom, a seed that is regularly utilized in Indian dishes, has antiviral properties, as well!
4. Refrigerate for longer stock.

Hot Chocolate Ice Cubes

Ingredients:

- 3 tablespoons cocoa powder.
- 1 teaspoon vanilla essence.
- 2 cups Milk.

Instructions

1. Add milk to the milk
2. Add cocoa powder and vanilla and stir well.
3. Cook for a few minutes to completely dissolve everything well.
4. Transfer the mixture to the ice cube tray and freeze.

Relaxing Herbal Foot Bath

Ingredients:

- ½ cup lavender.
- 1 cup sage.
- ½ cup hops.
- ¼ cup rosemary.

Instructions

1. Add water to the pan and let it boil. Add the herbs and stir well. Cover the pan and reduce the flame.
2. Let it simmer for 15 minutes.
3. Transfer the mixture basin and add water.
4. Cover the basin with a sheet to contain the loss of heat.
5. Dip your feet and relax for 25 minutes.

Chickweed Tincture

Used for: Skin irritations, acne, scrapes, bumps, bruises.

This tincture can be applied to irritated skin, acne, scrapes, and any other area where you need skin healing. A standard dose (20-75 drops) can also be added to tea for digestive issues like constipation.

Ingredients:

- ¾ cup chickweed, fresh, chopped
- 1 cup 80/100 proof alcohol (like vodka)

Instructions:

1. Put your chickweed in a clean jar. Pour vodka over the herbs, so they're completely covered. Seal and label the jar.
2. When the steeping time is up, line a sieve with cheesecloth and strain the tincture. Funnel into a dark-colored glass dropper bottle. Label the jar and keep it out of direct sunlight. The tincture should last up to five years.

Parsley Tea

Used for: Indigestion, kidney health, bladder health, cramping.

Parsley is full of antioxidants and vitamins. It's anti-inflammatory and has been used to ease period cramps. If you have kidney disease, high blood pressure, or diabetes, talk to your doctor before drinking parsley tea. If you're pregnant, don't drink the tea. No one should drink it longer than two weeks in a row.

Ingredients (makes 2 cups tea):

- 4 tablespoons parsley, fresh, chopped (or 4 teaspoons parsley, dried)
- 2 cups hot water
- Raw honey to taste

Instructions:

1. Steep parsley in hot water for 5-7 minutes. You can use a tea strainer or steep the leaves right in the water and strain them later.
2. Add raw honey for sweetness. Lemon juice is also tasty.

Aloe Burn Relief

Used for: Eases sunburn pain, mild burns, psoriasis.

Aloe is a very common ingredient in sunburn ointments. In its natural state, it helps heal and moisturize the skin. It helps with just about any skin issue involving redness and itchiness.

Ingredients:

- Piece of aloe vera leaf

Instructions:

1. This is probably the easiest remedy you'll come across. If you've never used aloe before, always test it in a small area of your skin first, so you're sure you aren't allergic to it.
2. Simply cut the tip off one of the leaves, making sure to cut at an angle (just not straight across), and leaving at least some of the leaves left. With a knife, carefully split the leaf in half, revealing the gel. Rub gel directly on your burn. That's it!

Valerian Root Capsules

Used for: Insomnia, headaches, stomach aches.

Valerian is a powerful medicinal herb with its benefits found in the root. People who don't want to use sleeping pills often turn to valerian root instead. It also eases headaches and stomach aches. It should not be used if you're on anti-anxiety medication.

Ingredients:

- 3000-6000 mg valerian root, dried
- 10 capsules

Instructions:

1. To powder your valerian, use a mortar and pestle, or a food processor. Grind until you get a sandy texture. Fill the capsules. If you're using a machine, you'll pour the powdered herb over the machine base into one-half of the capsules. Spread the powder over the capsules to fill them. With the tamper, press the powder down, so it's packed into the capsules. Keep spreading with the card and tampering until the capsules are full.
2. Sweep off any extra powder. Go ahead and take the bottom off the stand. Put the top of the capsule machine on the base and press down. The capsules should be packed now. Over a container, press down on the back of the machine's top part to release the capsules. That's it!
3. Based on research for capsules, we saw that herbalists often recommend shaking a little bit of valerian powder around in the container, so you'll taste a little of the root when you take a capsule. Tasting it helps your body recognize what it's consuming,

which can help it respond better to the powder.

Peppermint Sun Tea

It is an amazing and excellent recipe for a hot summer day. We have listed below the ingredients that you would require for preparing this Native American herbal recipe:

Ingredients:

- ½ cup or 1 cup dried or fresh peppermint leaves.
- ½ gallon of tap water.

Instructions:

1. Put peppermint & water in half a gallon of a glass jar.
2. Put in a sunny area for two to eight hours.
3. Move to the fridge and let it cool. Enjoy it as a cold drink.

Tummy Tea

We have listed below the ingredients that you would require for preparing this Native American herbal recipe:

Ingredients:

- Dried [chamomile flowers](#)
- [catnip leaf](#), Dried
- [lemon balms leaf](#) Dried

Instructions:

1. Combine equal parts of lemon balm, chamomile and catnip thoroughly in a jar. Then cap & label.
2. Then To brew tea, put one tablespoon of the tea blend into eight ounces of water boiled. Then allow it to steep for three to four minutes.
3. You can add sweeteners as per your taste, or you may not. Finally enjoy.
4. Keep in mind one thing that chamomile will get bitter if it is steeped for a long time.

Soothing Lemon Tisane

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 4 tablespoons lemongrass.
- 1 tablespoon lemon zest.
- 1 tablespoon lemon balm.
- 1 teaspoon chamomile.
- ¼ teaspoon stevia.

Directions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Echinacea Decoction

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 1 tablespoon Echinacea.
- 1 ½ c water.

Directions:

1. Add water to a pot and mix Echinacea root in it.
2. Place the pot over medium flame and bring it to boil.
3. Cover the pot and let it simmer for 35 minutes over low flame.
4. Transfer the decoction to the serving cup using the filter to remove the herb.
5. Serve and enjoy it.

Note: This decoction will boost your immune system and will help you to fight various diseases.

Tulsi Rose Tea Blend

This is a bright, flavorful herbal tea that tastes good and is both cheering and antiviral. I really like to trim, zest, and dry the lemon peel myself, although you can buy this commercially. Everything else comes from the summer garden or the farmers' market.

Serving size: make one serving

Preparation time: 20 minutes

Ingredients:

- ½ cup holy basil
- ¼ cup rose petals
- 2 tablespoons spearmint leaves 2 tablespoons elderberries
- 1 tablespoon dried lemon zest
- Supplies
- A jar and a tea ball

Directions:

1. In a jar, blend together all the ingredients. The elderberries tend to sink to the bottom, so keep that in mind when filling a tea ball.
2. For each cup of tea, put a heaping teaspoon of the blend in a tea ball, place it in a mug, and pour hot water into the mug. Steep for 5 to 10 minutes. You can remove

the herbs or let them continue to steep while you drink.

Licorice Tooth Polish Powder

The ingredients in this tooth polish help clean stains and promote gum health. It is difficult to get spices or roots into a nice powder, so it's best to purchase these ingredients already powdered.

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- ¼ cup kaolin or bentonite clay
- 1 tablespoon baking soda
- 2 teaspoons fine sea salt
- 2 teaspoons licorice root, powdered
- 1 teaspoon activated charcoal, powdered
- 1 teaspoon peppermint, powdered
- ½ teaspoon clove, powdered
- ½ teaspoon thyme, powdered
- Supplies
- A large jar
- A small jar or container

Directions:

1. Mix all the ingredients in a bowl and shake to mix well.
2. Keep about 1 tablespoon of the polish mix in a small jar or container. Put a pinch of the mixture in the palm of your hand and pick it up with a wet toothbrush. Brush as you normally would and rinse well.
3. Keep the bulk of the mixture stored in the large jar (this way, if the small container gets wet, the whole batch won't be ruined). It will keep for 2 years.

Tip: if you prefer a paste, melt 2½ to 3 tablespoons of coconut oil. Mix in a pinch of the polish mixture. Use a pea-size dollop on your toothbrush.

Bali Herbal Compress Ball

Serving size: make one serving

Preparation time: 10 minutes

Ingredients:

- 3 tablespoons ginger.
- 3 cloves.
- 5 tablespoons rice powder.
- 1 tablespoon turmeric powder.
- 1 tablespoon coriander.
- 1 tablespoon cinnamon.

Directions:

1. Mix all the ingredients in a bowl and toss well to mix everything.
2. Transfer the mixture to a washcloth and fold to make a ball.

3. Tie the cloth with the yarn.
4. Add water to a pan and bring it to a boil.
5. Place the herbal compress in the boiling water for 30 minutes.
6. Remove the ball from the water and let it stand for a while. When the temperature is bearable, use it on the targeted area.

Herbal Bath Salts

Ingredients:

- 3 cups salt, Epsom and Himalayan pink.
- ½ cup Baking soda.
- 3 tablespoons olive oil.
- ½ cup rose petals, dried.
- 6 teaspoons lavender oil.
- 6 teaspoons rosemary oil.
- ½ cup lavender flower, dried.
- 8 teaspoons cardamom oil.
- ½ cup basil, dried.

Directions:

1. Combine all the ingredients and blend to get a paste.
2. Transfer the paste into the jar and store it for later use.
3. Add 4 tablespoons of the paste into the bathing water and stir well.
4. Enjoy your relaxing and medicating bath.

Anti-inflammatory Bath Tea

Ingredients:

- ½ cup ginger.
- 5 cups water.
- ½ cup birch bark, dried.
- 2 cups Epsom salt.
- ½ cup yarrow, dried.

Instructions:

1. Add water in a pot over medium flame.
2. Add bark and ginger and stir well.
3. Let it boil and reduce the flame to low, and cover the pot.
4. Cook for 15 minutes.
5. Mix in yarrow and cook for another 10 minutes.
6. Strain the mixture, and anti-inflammatory bath tea is ready.
7. Add the mixture into the bathing tub and enjoy your bath.

Lemon Balm Home Remedy

Used for: Perfect for cold sore sufferers as a natural way to help prevent and get rid of the

virus's effects.

Ingredients:

- 2 teaspoons lemon balm, dried (alternate: 2 lemon balm tea bags)
- 1 cup water, boiled

Directions:

1. Boil water, then steep lemon balm for 10-15 minutes. Strain.
2. Use a soaked cotton ball to apply the mixture directly to the cold sore. Use at least 4 times daily. Alternately, try consuming a couple of cups of tea per day to help expel the virus.

Meadowsweet Elixir

Used for: This is a fantastic home remedy for pain relief.

Ingredients:

- 100 g meadowsweet flowers (a European flower that is known as ‘the stomach corrector’)
- 40 ml 50% vodka (a distilled alcoholic drink that consists primarily of water and ethanol)
- 100 ml glycerin (a sugar-alcohol compound often used in elixirs and skincare products)

Directions:

1. Place the meadowsweet flowers in a jar, and then add the vodka and glycerin. Shake well and let it macerate for 4-6 weeks.
2. Check the mixture often, as sometimes the flowers will soak up the alcohol and glycerin so that the liquid no longer covers the herb. In this case, you either need to use a stone to weigh them down or add more alcohol.
3. After 4-6 weeks, you need to strain the mixture to be ready for use.

Elderberry Gummy Bears

Used for: These Vitamin C treats are good for an immune system-boosting treat that looks after your well-being.

Ingredients:

- 50 g elderberries, dried
- 30 g rosehips, dried
- 15 g cinnamon chips
- 7 g licorice root
- ½ g pepper, freshly ground (a flowering vine, which is often used for seasoning)
- 3 cups apple cider

- 3 tablespoons gelatin (derived from collagen and used as a gelling agent in food)

Directions:

1. Place all of the ingredients (minus the gelatin) into a medium-size saucepan. Bring the mixture to simmer and continue to simmer for 20 minutes. Strain, squeeze well to extract the juice.
2. Measure 2 cups juice (you can add more apple cider to make the mixture fill 2 cups). Put ½ cup into the fridge, then after it's chilled, dust the gelatin on top of it. Allow this to sit for one minute.
3. Bring the rest of the mixture to a simmer. Combine the hot juice with the cooled gelatin mixture. Stir quickly with a whisk. Continue to mix until the gelatin is completely dissolved. If you want to sweeten this up more, add sugar or honey.
4. Pour this mixture into molds and refrigerate. Once they have hardened, they are ready to eat. Eat 1-3 gummies per day, and keep them stored in a sealed container in the fridge.

Bitter Digestive Pastilles

Used for: For sufferers of bitter deficiency syndrome or for promoting a healthy digestive system.

Ingredients:

- ½ teaspoon angelica root powder (a European herb used for gastrointestinal tract disorders)
- ¼ teaspoon gentian root powder (grows in Alpine habitats and treats digestive issues)
- ¼ teaspoon coriander powder (great for promoting healthy digestion)
- ¼ teaspoon orange peel powder
- ⅛ teaspoon black pepper, freshly ground
- 1 teaspoon natural sweetener (for example, honey)
- 1 teaspoon powdered fennel seed (contains anethole and polymers, which help stomach issues)
- ⅛ teaspoon fine sea salt (primarily used for flavor)

Directions:

1. Mix all of the powdered herbs, except the fennel seed powder and the sea salt, in a bowl. Then, gently heat up the honey in a small saucepan just until it is thinner and more syrupy. Little by little, pour the honey into the powdered herbal mixture, constantly stirring until it can be molded into pea-shaped balls.
2. Roll these balls into the fennel seed powder and sea salt to create a coating.

Echinacea Remedy

Used for: This remedy is perfect for canker sores.

Ingredients:

- 2 tablespoons sage tincture
- 2 tablespoons echinacea tincture
- 2 tablespoons lemon balm tincture

Directions:

1. Combine the three tinctures in a dropper bottle. Use one dropper full of the mixture to swish around your mouth 2-3 times daily.

Herbal Tea**Ingredients:**

- 1/3 teaspoon elderberries.
- 1/3 teaspoon rose hips.
- 1/3 teaspoon Echinacea.
- 1/3 teaspoon chamomile.
- 1/3 teaspoon astragals.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Calming Marshmallow Rose Tea**Ingredients:**

- 1 teaspoon marshmallow root.
- 1 teaspoon rosebuds.
- 1 teaspoon cassia cinnamon chips.
- 1 teaspoon Tulsi leaves (holy basil).

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Strain the tea.
7. Serve and enjoy it.

Lavender Tea

Ingredients:

- 2 cups water.
- 5 tablespoons lemon balm.
- 2 tablespoons lavender flower, dried.
- 1 tablespoon honey.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon balm mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Strain the tea.
7. Serve and enjoy it.

Autumn Tonic Tea**Ingredients:**

- 2 teaspoons nettle leaves.
- 1 ½ teaspoons lemon balm.
- 2 cups water.
- 1 ½ teaspoons of spearmint.
- 1 teaspoon mullein.
- 1 teaspoon ginger.
- 1 ½ teaspoons dandelion.
- 1 teaspoon rose hips.
- 1 teaspoon red clover.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 15 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Black Apple Tea Mix**Ingredients:**

- ⅓ cup chopped sweet apple.
- ⅓ teaspoon lemon juice.
- 1 clove.
- ¼ teaspoon cinnamon.
- ½ teaspoon honey.

- 1 teaspoon black tea leaves.

Instructions:

1. Add apple and lemon juice to a bowl.
2. Pour in water and keep it aside for 10 minutes.
3. Bake the apple slices in preheated oven at 300 ° F for 85 minutes. After baking, crush the apples and mix in all the remaining items. You can store this mixture in an airtight container.
4. When in need of black apple tea, boil the water in a pot.
5. Add 1 tablespoon apple mixture to the serving cup and mix well.
6. Pour boiling water into the serving cup with the mixture.
7. Cover the cup and steep it for 8 minutes.
8. You can mix in honey as per your taste.
9. Serve and enjoy it.

Digestive Tea**Ingredients:**

- 1 tablespoon spearmint.
- ¼ teaspoon of licorice root, dried.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into the serving cup with the mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.
6. Serve and enjoy it.

Soothing Lemon Tisane**Ingredients:**

- 4 tablespoons lemongrass.
- 1 tablespoon lemon zest.
- 1 tablespoon lemon balm.
- 1 teaspoon chamomile.
- ¼ teaspoon stevia.

Instructions:

1. Boil the water in a pot.
2. Add all the ingredients to the serving cup and mix well.
3. Pour boiling water into a serving cup with lemon mixture.
4. Cover the cup and steep it for 8 minutes.
5. You can mix in honey as per your taste.

6. Serve and enjoy it.

Cold Herbal Compresses

Ingredients:

- 1 green tea bag.
- 1 peppermint tea bag.
- 1 chamomile lavender tea bag.
- 1 cup water.
- Eucalyptus essential oil
- Lavender essential oil

Instructions:

1. Add water to a pot and let it boil.
2. Add tea bags in a cup.
3. Pour in boiling water and cover the cup.
4. Let it steep for 25 minutes.
5. Soak a towel or washcloth in tea solution and let it there for a few minutes.
6. Gently squeeze to remove extra liquid.
7. The washcloth should be wet, but no liquid dripping is there.
8. Now drizzle 1 tablespoon Eucalyptus essential oil over the wet washcloth.
9. Apply this medicated washcloth around your feet, chest, anywhere you want.

Note: This herbal compresses remedy will help you relax during summer, give smoothness to your eyes and may also enhance the glow of your skin.

Goldenseal tincture:

Ingredients:

- 4 tablespoons dried goldenseal
- 4 glasses of vodka

Directions:

1. Mix and set aside in a dark place for 2 weeks.
2. The tincture is ready after straining.

Best time of the day to consume it: After your meals.

Recommended dosage time: None.

Ginseng Extract

Ingredients:

- Fresh or dried ginseng root
- 1 cup boiling water
- Vegetable glycerin

Directions:

1. Cover the herbal material with a mixture of water and at least 55% of glycerin.
2. Combine very well. Put on a lid and let it macerate in a dark, cool place for 4–6 weeks.
3. Strain and store in the fridge.

Best time of the day to consume it: After your meal.

Recommended dosage time: 12 weeks.

Vintage illustration: Ginseng.

Ice Cubes

Basil and Aloe Vera Ice Cubes

Ingredients:

- 1 cup basil.
- 2 tablespoons Aloe Vera gel mixture.

Instructions:

1. Add basil leaves in the blender with water and blend to get a smooth mixture.
2. Add Aloe Vera gel and toss well.
3. Transfer the mixture to an ice cube tray and place it in the freezer.
4. Freeze for a few hours.

Berry Cubes

Ingredients:

- Berries (strawberry, blackberry and blueberry.)
- Water.

Instructions:

1. Add berries to the tray with water.
2. Place the tray in the freezer and freeze for a few hours.

Elderberry Juice

The juice can be solidified or canned. Freeze it in 1-cup (235 ml) parcels in a level compartment, enormous enough that the thickened juice is under ½-inch (1.3 cm) thick.

It is so natural to sever a piece when required simply.

Ingredients:

- 1-quart new elderberries or 1 cup (150 g) dried
 - 1 quart (940 ml) water (if utilizing dried berries), in addition to water to cover
- Directions
- 3 cups (705 ml)

Instructions:

1. Spot the new flushed berries into a dish and add only enough water to abstain from burning. Warm to a stew and tangle to help discharge the juice as the heat begins to pop the berries. A potato masher is extraordinary for this reason. Proceed with tenderly warming and sometimes crushing until the majority of the berries have blasted and gone to juice. Pour through a fine-work strainer to catch the seeds or line a filter with a bit of cheesecloth.
2. This is a genuinely focused juice, and 1 cup (235 ml) taken in 1-tablespoon (15 ml) divides four times each day for three days is sufficient to get an individual through a viral danger.
3. In the case of utilizing dried berries, absorb the berries 4 cups (940 ml) water expedite, and continue as above.

Conclusion

Traditional medicine in Native American culture is a holistic system that incorporates the use of herbs for healing. Each tribe has its own herbs and the knowledge on how to use them, though some plants are used in multiple tribes. The most common herbs employed in this tradition are the yellow dock, burdock root, boneset, skullcap and black cohosh to treat anything from measles to hemorrhoids. Some herbs can be applied externally or made into teas while others must be ingested for their effects.

Native Americans have a rich and diverse medicine. It is not one single, unified system of healing. Traditional Native American medicine remains a mystery to many western cultures.

Native American medicine remains solid and intact. Their culture is a living, breathing organism when it comes to traditional practices. The therapy of the Native Americans is a large part of their identity, as they are proud of it.

Native Americans engaged in shamanistic practices for a variety of reasons. In many cases, they believed that the cures might have to be taken from the spirit world, therefore they were initiated into a special society where shamans learned how to perform rituals and accumulate ceremonial knowledge. Another reason for engaging in shamanistic practices was to receive protection from the spirits, particularly those who acted as enemies of people without shamanic abilities. These "shamans" would drive away evil spirits by praying and performing rituals.

Native Americans also believed that spirits could possess humans. The existence of these spirits is noted in the areas of the medicine wheel, which includes witchcraft, sorcery, and demonic possession. Medicine men or women were used to drive away these spirits as well and perform physical healing on patients. When particular illnesses could not be cured by conventional means, shamans sought spirit assistance for their patients. These spirits were believed to operate in a different world where physical laws often did not apply. The shamans, who either intentionally or unintentionally violated social norms or cultural taboos through their words or actions, would also seek assistance from the spirit world for their own needs.

Good luck.